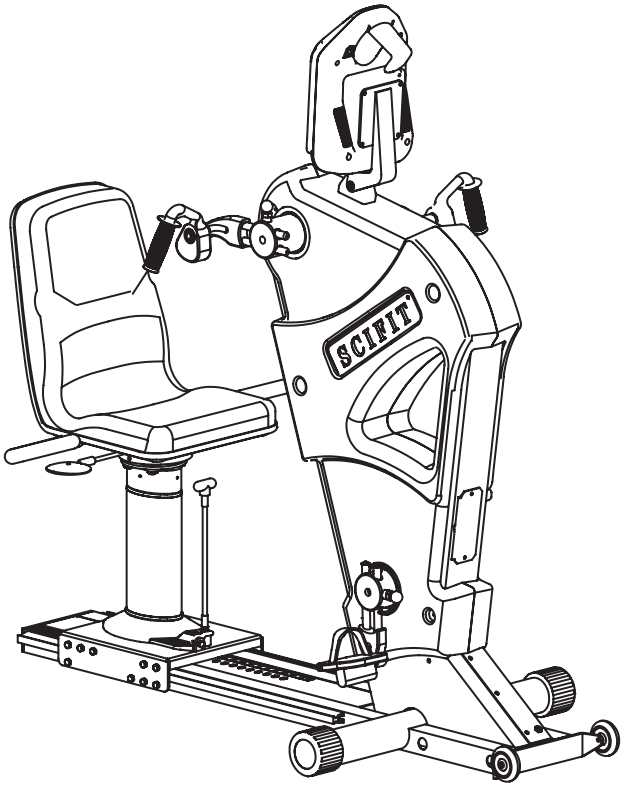
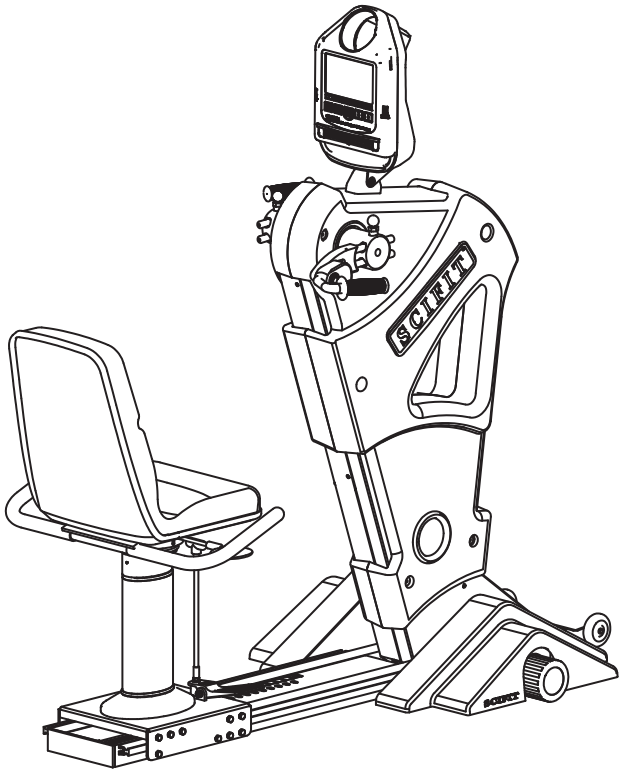
SCIFIT®

Scientific Solutions for Fitness.

Users' Operations Manual





PRO2® **PRO1000**

PRO2® Total Body Exerciser
&
PRO1000 Upper Body Exerciser

Before using this product, read this manual and follow all safety rules and operating instructions.

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TABLE OF CONTENTS

SAFETY INFORMATION. 1

INTRODUCTION 2

SPECIFICATIONS 3

SETUP & INSTALLATION 4

ASSEMBLY . . . . . 5 - 14

PRODUCT OVERVIEW 15

KEYPAD FUNCTIONS 16

BIOMECHANICAL POSITIONING 17

ADJUSTMENTS 18-19

ACCESSORIES. 20-21

HEART RATE TRANSMITTER STRAP 22

PROGRAM INSTRUCTIONS 23-31

MAINTENANCE & SERVICE 32

WARRANTY 33-37

Order Online 24/7 at www.SCIFIT.COM

SAFETY INFORMATION

The purpose of safety symbols is to attract your attention to possible dangers. The safety symbols, and their explanations, deserve your careful attention and understanding. The safety warnings do not, by themselves, eliminate any danger. The instructions or warnings they give are not substitutes for proper accident prevention measures.

Look for these symbols to point out important safety precautions. It means attention! Your safety is involved.

⚠ WARNING

Failure to obey a safety warning **can** result in injury to yourself and others. Always follow the safety precautions to reduce the risk of personal injury.

⚠ CAUTION

Failure to obey a safety caution **can** result in injury to yourself and others. Always follow the safety precautions to reduce the risk of personal injury.

Read all instructions before using your SCIFIT exercise machine. Save these instructions for future reference.

Close supervision is necessary when exercise machine is being used by or near children, or individuals with disabilities. Keep children away from extended hand and foot supports.

Use the exercise machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Never drop or insert any object into any opening.

Do not use outdoors or in a harsh environment where water is present (i.e. pool or spa areas).

INTRODUCTION

Thank you for your purchase of the SCIFIT PRO2® Total Body Excerciser or PRO1000 Upper Body Exerciser. We have incorporated the finest technology and ergonomic design into this machine to assist you in achieving your fitness goals. However, for your safety, please adhere to the following recommendations before you begin to exercise.

The SCIFIT PRO2 and PRO1000 are designed for Class "S" (Studio), Class "I" (Special Needs) and Class "II a" (Medical Device Directive) applications. The intended uses are for Cardio & Pulmonary Rehabilitation as well as Sports Medicine, Physical Therapy, Physical Conditioning and Strength Training. SCIFIT equipment is suitable for placement in fitness, medical rehab, sports performance and recreational facilities.
200 levels of computer controlled resistance ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout.

Consult Your Physician
Consult your physician or medical specialist before participating in any exercise program, especially if you are pregnant, or if you are suffering from: heart disease, respiratory disease, diabetes, hypertension, high blood pressure, elevated cholesterol, arthritis, or any other diseases or physical complaints.

Adult Usage
SCIFIT equipment is designed and intended for adult usage and children of appropriate ages while being supervised. Young children should be kept a safe distance away from equipment.

Cool Down
To prevent muscle injuries and soreness, you should always cool down (at least 5 minutes) by doing a series of stretches after each workout.

⚠ CAUTION
Always stretch after a workout session to reduce the risk of personal injury. Failure to stretch properly **may** result in injury to yourself.

Guidelines for Healthy Adults
The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) are continuously updating guidelines and recommendations for physical activity.

The current basic recommendations from ACSM and AHA is:

Do moderately intense cardio 30 minutes a day, five days a week.

OR

Do vigorously intense cardio 20 minutes a day, three days a week.

AND

Do eight to ten strength-training exercises, eight to twelve repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30 minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

To review the latest guidelines and recommendations, visit the American College of Sports Medicine website: *www.acsm.org*

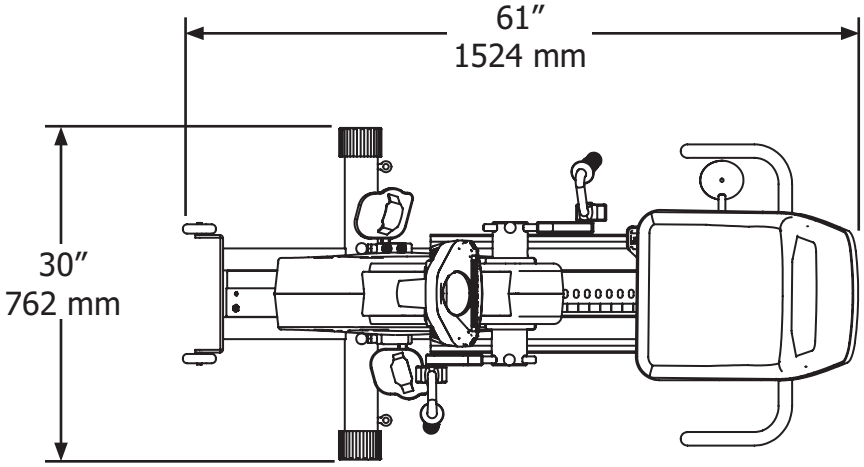
⚠ WARNING
Stop exercising immediately if you feel nausea, dizziness, sharp pain, or any other physical discomfort. Failure to stop excercising **can** result in injury or death to yourself.

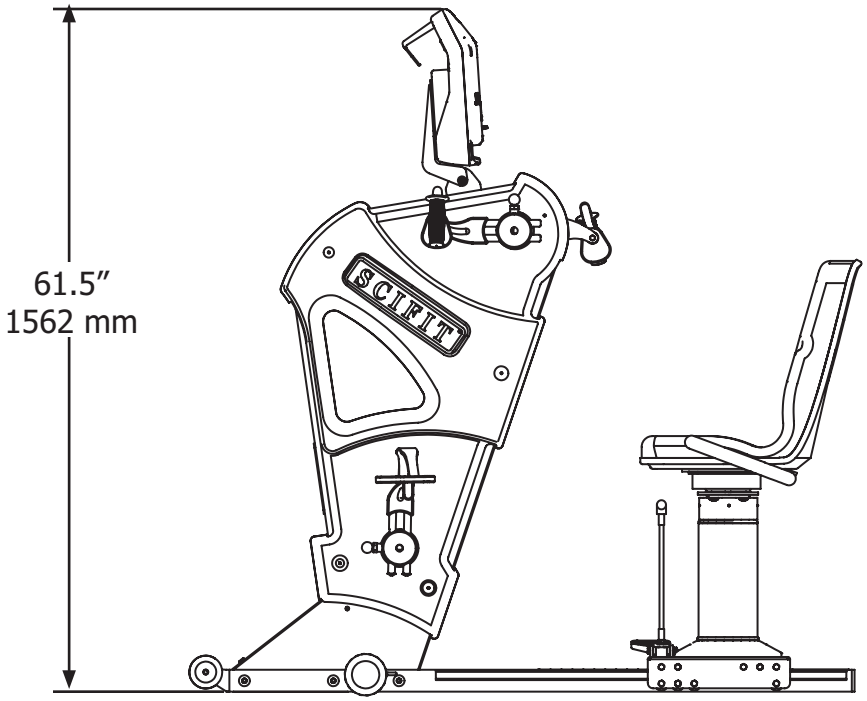
Train Intelligently
To ensure a future of good health, you should always eat well balanced meals, drink plenty of fluid/water during a workout, and stay fit by exercising intelligently. Always follow training guidelines that are specific for your own physical condition.

⚠ WARNING
Injuries to health may result from incorrect or excessive training. Failure to stop excercising **can** result in injury or death to yourself.

SPECIFICATIONS

Weight	**PRO2** - 230 lbs. / 104 Kg. . . . . **PRO1000** - 220 lbs. / 100 Kg.
Max User Weight . .	350 lbs. / 159 Kg.
Power	Self generating w/auto recharge battery back-up. **Optional Low Voltage AC adapter available.**
Resistance System .	Electromagnetic Self Generating Bi-directional Resistance
Work Load	Manual, Fit Quik, Constant Workout, ISO-Strength, 7 Pre-programmed Hills profiles Heart Rate, Power Fit Test, Power Fit Training, Heart Fit Test, Heart Fit Training Stress Test and Random
Accuracy Class. . . .	Class A
Warranty	Within U.S. & Canada 3 years parts, 1 year labor Outside U.S. 3 years parts, no labor





Placement of Cardiovascular Machine
To aid in the placement of equipment, two wheels are located on the front of the unit. Movement of machine should be done with two people. Carefully lift the rear of unit until wheels are engaged on floor and position unit in desired location.

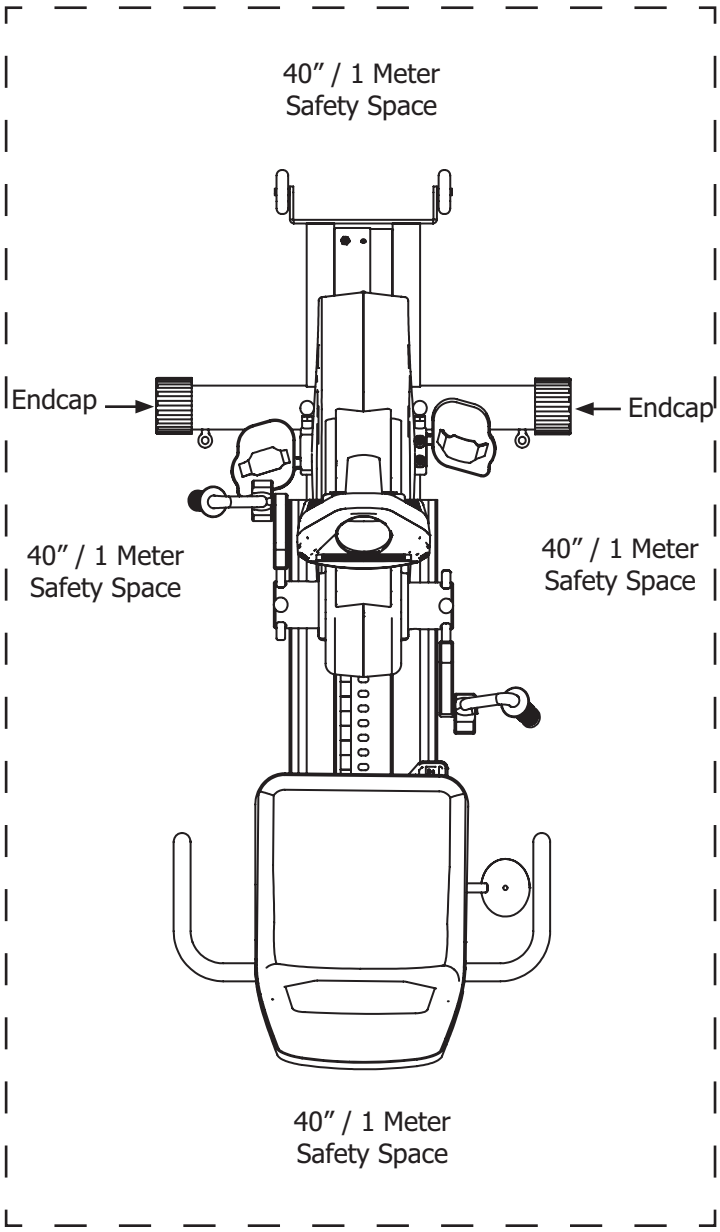
Position the unit in a location that has a stable and level sub-floor. Equipment should be positioned in a location that is not in direct sunlight, in areas of extreme temperature and humidity, or where the equipment may be splashed with water or fluids. This machine is intended for indoor use only.

Equipment should be positioned with a safety perimeter of 40" or 1 meter around unit.

⚠ WARNING
Failure to place the equipment on a stable and level sub-floor with a safety perimeter can result in injury to yourself and others.

Level Cardiovascular Machine
If the sub-floor is unlevel, the unit is equipped with leveling end caps. The end caps are designed with the recess of end cap off centered. This allows you to rotate the endcap(s) to a position that will level the equipment. After adjustment, check and make sure end caps are fully seated against base frame tubes.

Offset Endcap



Proper Supervision
Close supervision is required when the exercise machine is being used by or near individuals with disabilities. Keep unsupervised children outside the safety perimeter.

Cleaning
Never clean the machine with organic solvents, alcohol or bleach based cleaners. To promote a healthy environment, wipe any sweat off of unit with a commercially manufactured wipe designed for the fitness industry, or a damp cloth.

ASSEMBLY

Assembly
For equipment that is shipped overseas, some assembly is required. Follow the steps below for assembly.

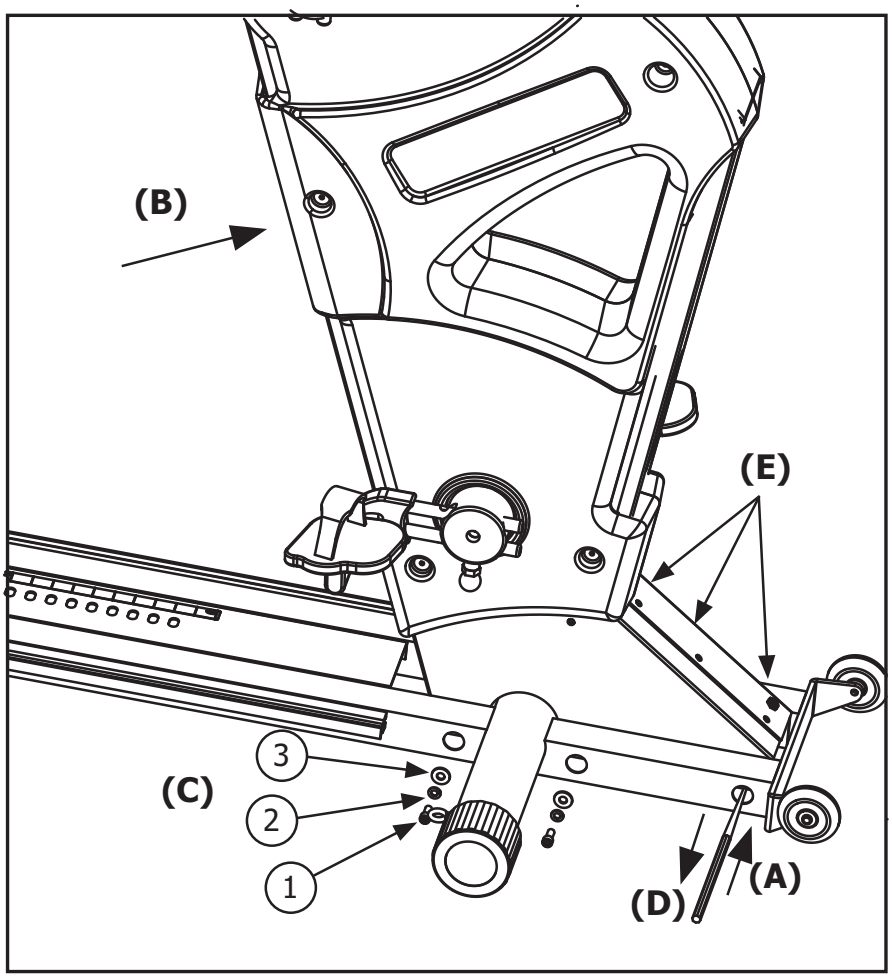
Required Tools:	Long Needle Point Center Punch 5/16" Allen Drive Socket Ratchet Torque wrench

Required Parts:

Item	Qty.	Description	Part #
1	6	3/8" x 1" Socket HD Cap Bolt	N/A
2	6	3/8" Split Lock Washer	N/A
3	6	3/8" Flat Washer	N/A

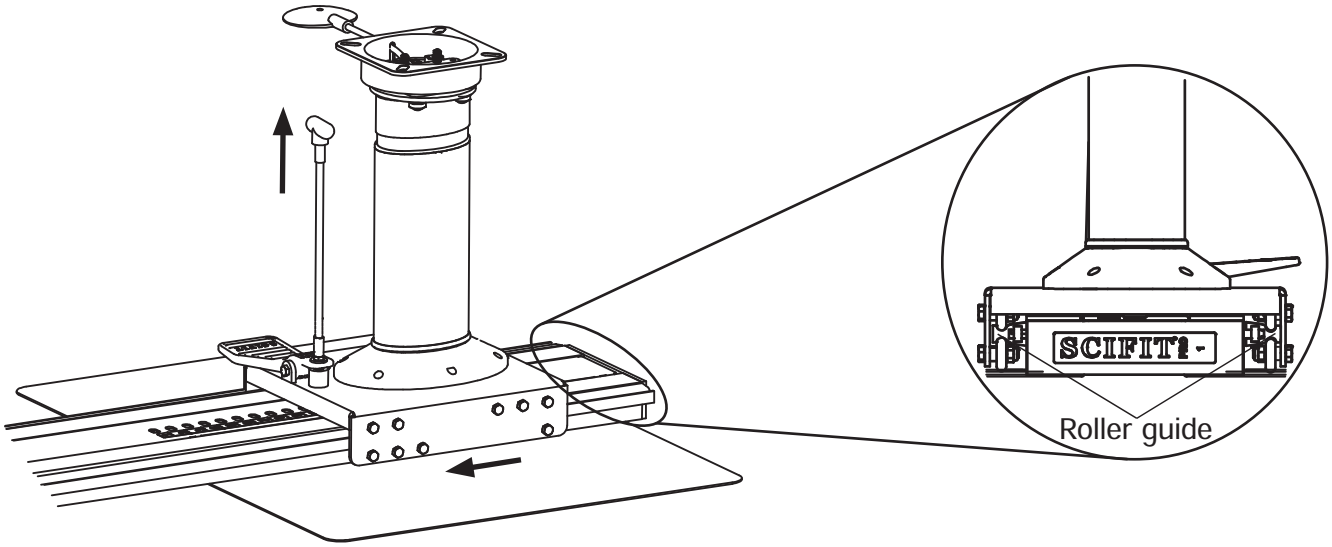
Assemble Monocoque Frame to Base Frame
With the aid of a second person, align bottom mounting threaded nutserts of Monocoque Frame with the Base Frame mounting holes.

Starting on the right side,
(A) Insert a long needle point center punch through the front threaded mounting hole of the base frame.
(B) Push up on the frame until the nut-serts are aligned with the mounting holes
(C) Slide (Qty.1) 3/8" split washer and (Qty.1) 3/8" flat washer onto three 3/8" bolts, align and **loosely thread** two of the bolts into remaining open mounting holes.
(D) Remove the center punch and loosely thread in the third bolt.
(E) Repeat step A-D for the left side.
(F) Tighten all bolts to 48 ft/lbs or 576 in/lbs (65 nm).

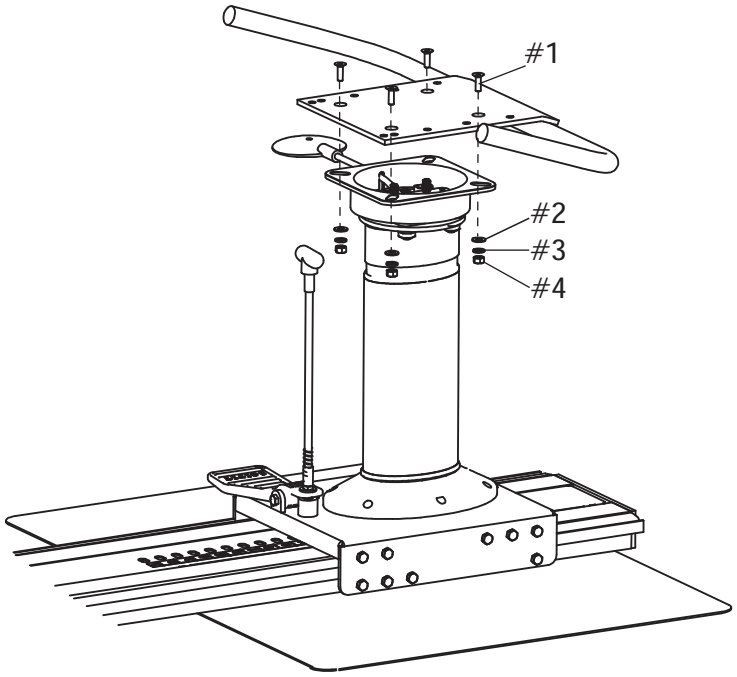


SWIVEL SEAT ASSEMBLY

Step 1:
Pull upward the yellow paddle handle of the seat adjustment lever, then lift and slide the seat post onto the frame track making sure the roller guide rail is between the top and bottom wheels of the base.



Step 2:
Attach the handlebar plate to the seat post with (Qty. 4) of items #1, #2, #3 and #4 as shown on the drawing below.



Tools Required:
3/16 Hex wrench
1/2" Wrench or socket


Item #1 (x 4)
5/16-18 x 1 Socket Flat Head Screw


Item #2 (x 4)
5/16 Flat Washer

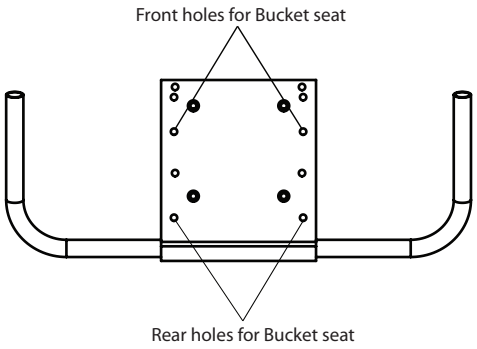

Item #3 (x 4)
5/16 Split Washer

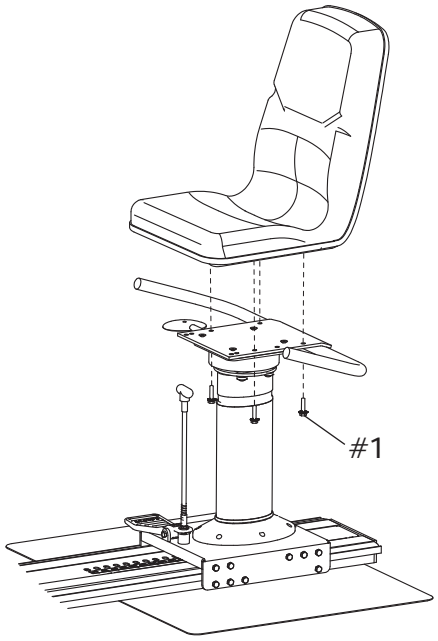

Item #4 (x 4)
5/16 Nut

SWIVEL SEAT ASSEMBLY CONT'D

Step 3: (Bucket Seat Assembly)

a. Align the front holes of the bucket seat with the 3rd set of holes from the front of the handlebar plate, (see diagram), then loosely screw in (Qty. 1) of item #1 into one of the front holes.
b. Align the other three holes and loosely screw in item #1 into each hole.
c. Tighten all four screws to secure the bucket seat.



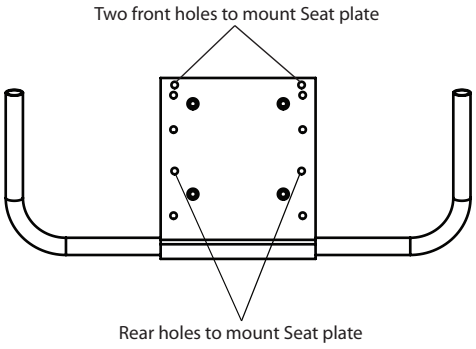


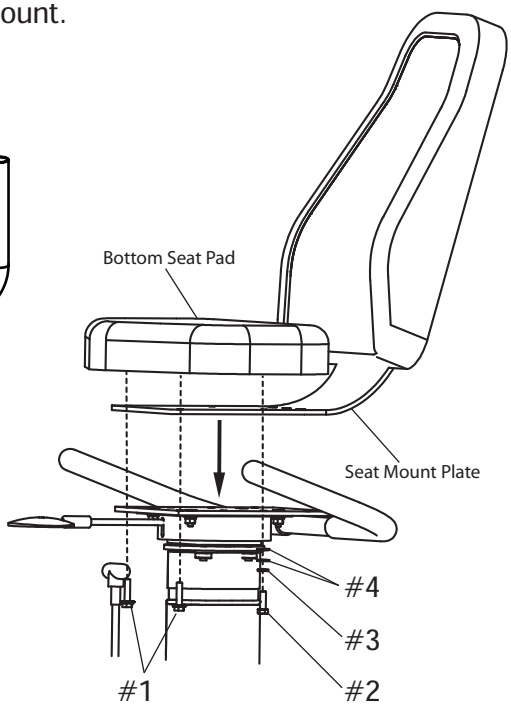
Tools Required:
1/2" Wrench or socket


Item #1 (x 4)
5/16-18 x 1.25 Serrated Screw

Step 3a: (2-Piece Seat Assembly)

a. Align the front two holes of the seat mount plate with the 1st set of holes of the handlebar plate (see diagram), then insert (Qty. 1) of item #1 into one of the front holes to hold the seat mount plate in place.
b. Align the front hole of the bottom seat pad with the inserted screw and loosely screw it into the seat pad.
c. Align the other front hole of the seat pad and loosely screw in (Qty. 1) of item #1 screw.
d. Slide (Qty. 1) of item #3, then (Qty. 2) of item #4 onto each item #2 screws, then loosely screw them into the rear two holes of the seat pad.
e. Tighten all four screws to secure the bottom seat pad and plate mount.





Tools Required:
1/2" Wrench or socket


Item #1 (x 2)
5/16-18 x 1.25 Serrated Screw

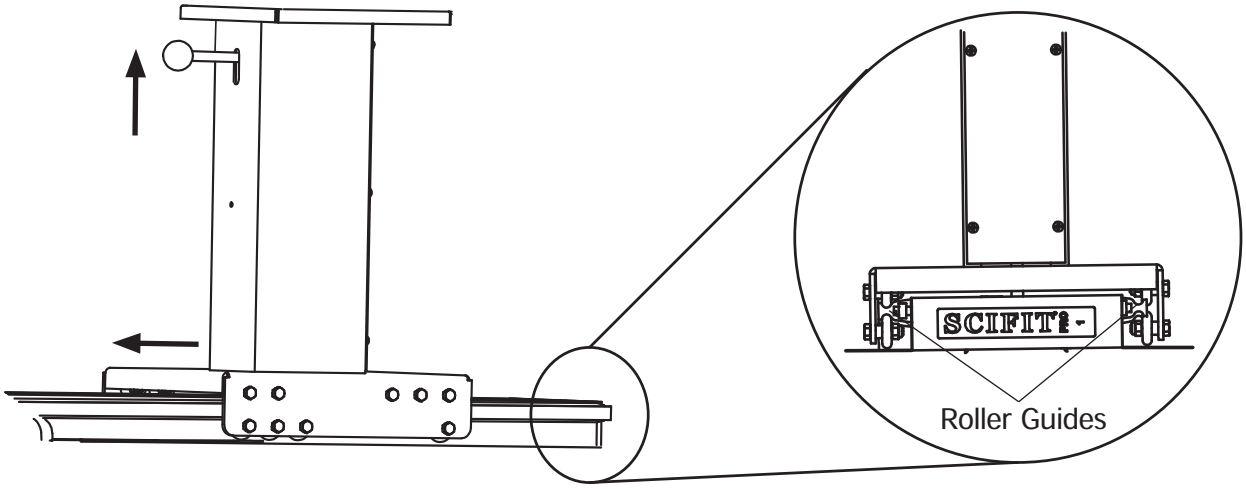

Item #2 (x 2)
5/16-18 x 1 Hex Head Screw


Item #3 (x 2)
5/16 Split Washer

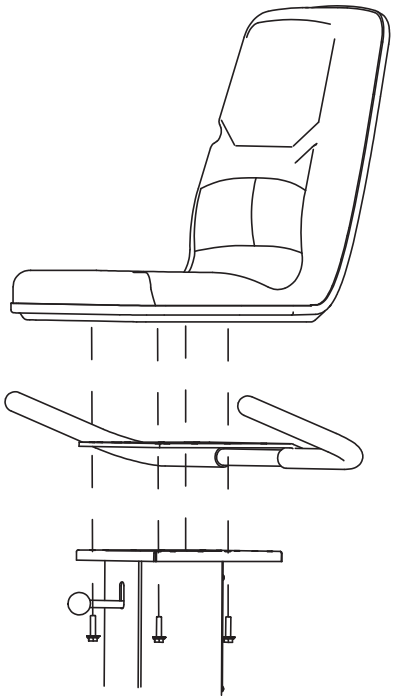

Item #4 (x 4)
5/16 Flat Washer

FIXED SEAT ASSEMBLY

Step 1:
Pull upward the yellow knob of the seat adjustment lever, then lift and slide the seat post onto the frame track making sure the roller guide rail is between the top and bottom wheels of the base.



Step 2: (Bucket Seat Assembly)
a. Align one of the front two holes of the Bucket seat with the front set of holes on the fixed seat mount (see diagram), then insert (Qty. 1) of item #1 into one of the seat holes and loosely tighten into place.
b. Align the second front hole of the seat and loosely tighten with (Qty. 1) item #1 screw.
d. Insert and loosely tighten the remaining two rear holes with (Qty. 2) item #1 screws.
e. Tighten all four screws to secure the seat to the fixed seat mount.

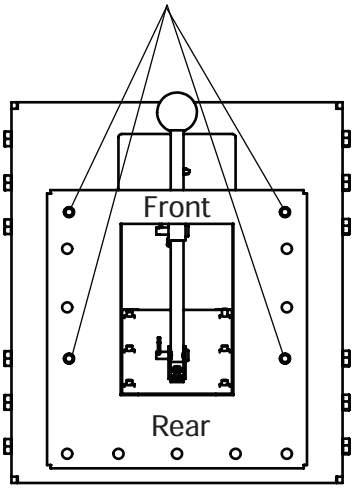


Tools Required:
1/2" Wrench or socket



Item #1 (x 4)
5/16-18 x 1.25 Serrated Screw

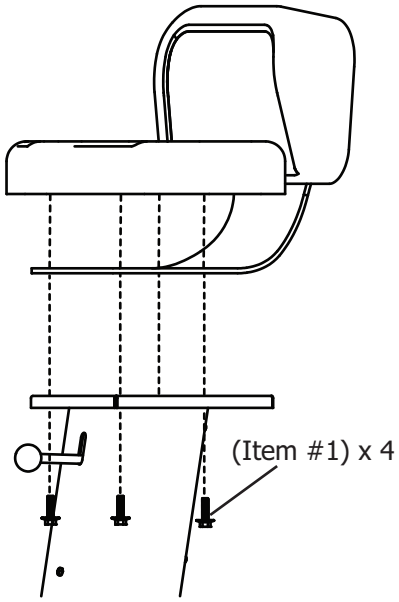
Align holes of seat with these holes on the fixed seat mount.



FIXED SEAT ASSEMBLY CONT'D

Step 2a: (2-Piece Seat Assembly)

a. Align the front two holes of the seat mount plate with the 1st set of holes of the fixed seat mount. (see diagram), then insert (Qty. 1) of item #1 into one of the front holes to hold the seat mount plate in place.
b. Align the front hole of the bottom seat pad with the inserted screw and loosely screw it into the seat pad.
c. Align the other front hole of the seat pad and loosely screw in (Qty. 1) of item #1 screw.
d. Align, then loosely screw in (Qty. 2) of item #1 into the two remaining rear holes.
e. Tighten all four screws to secure the bottom seat pad and plate mount.

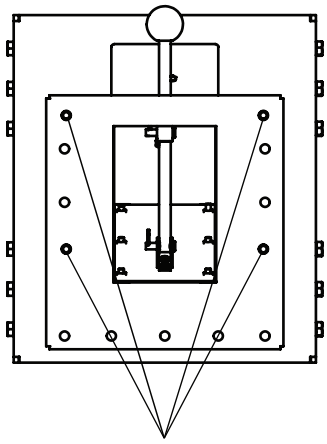


Low back seat assembly shown for clarity

Tools Required:
1/2" Wrench or socket



Item #1 (x 2)
5/16-18 x 1.25 Serrated Screw



Align bottom seat pad holes with these four hole locations

Verify Upper Cranks Are Secure

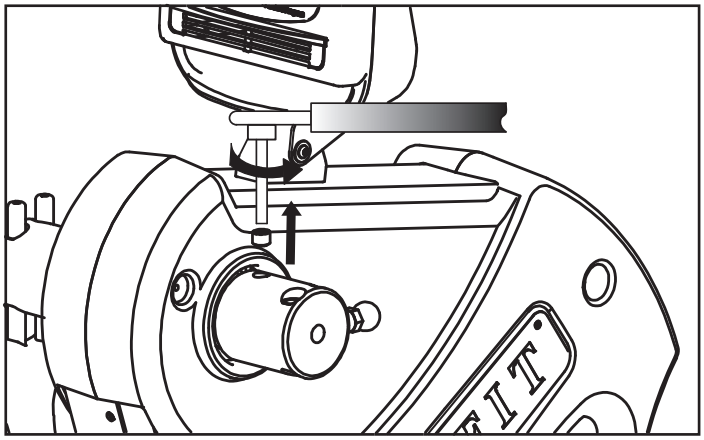
During shipment it is possible that the two set screws securing the crank hub to the shaft may become slightly loose. It is strongly recommended that these set screws be checked before attaching the crank handles. The following steps will explain this procedure.

Tools Required:

- 5/16 Hex bit
- Torque wrench set for 480 in/lbs (5.54 Kg/m).

Step 1:

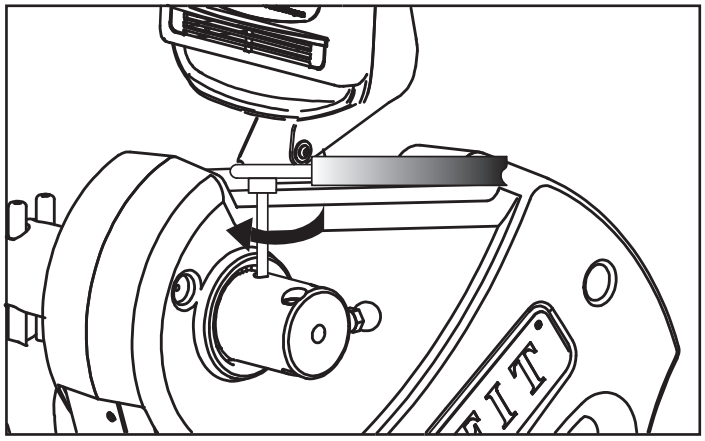
Starting on the right side, use a 5/16 Hex bit to remove the 1st set screw #P3110 (5/8-18 x .5 Socket) and place to the side.



Step 2:

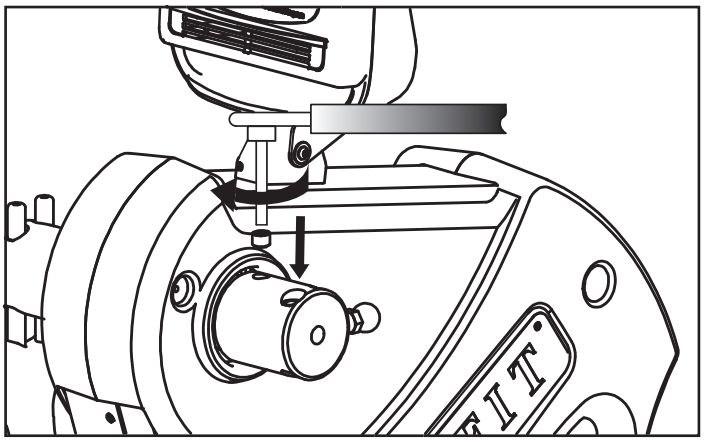
Using a 5/16 Hex bit and Torque wrench set at 480 in/lbs. Insert the bit into the crank hub to reach the 2nd set screw #P3111 (5/8-18 x .75 Socket) and TIGHTEN to the 480 in/lb setting on the wrench.

Note: The wrench will click when it has reached the 480 in/lb (5.54 Kg/m) setting.



Step 3:

Again using a 5/16 Hex bit and Torque wrench set at 480 in/lbs, reinsert the set screw removed in step 1 into the crank hub and TIGHTEN to the 480 in/lb setting on the wrench.



Step 4:

Repeat steps 1 thru 3 for the left side.

Verify Lower Cranks Are Secure (PRO2 Only)

During shipment it is possible that the two set screws securing the crank hub to the shaft may become slightly loose. It is strongly recommended that these set screws be checked before attaching the crank handles. The following steps will explain this procedure.

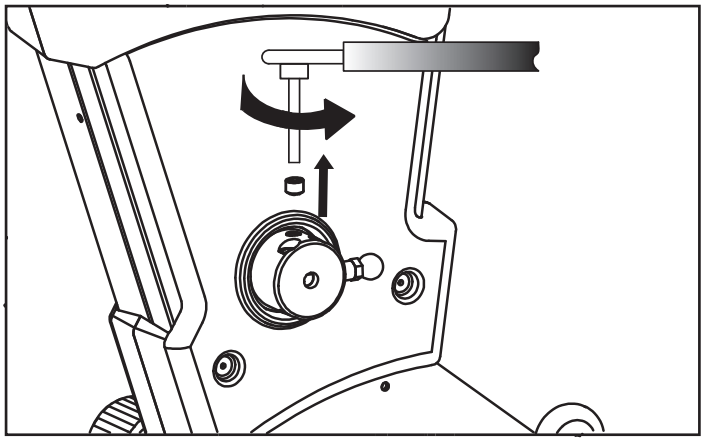
Tools Required:

- 5/16 Hex bit
- Torque wrench set for 480 in/lbs (5.54 Kg/m)

Adjustable Lower Cranks (PRO2 Only)

Step 1:

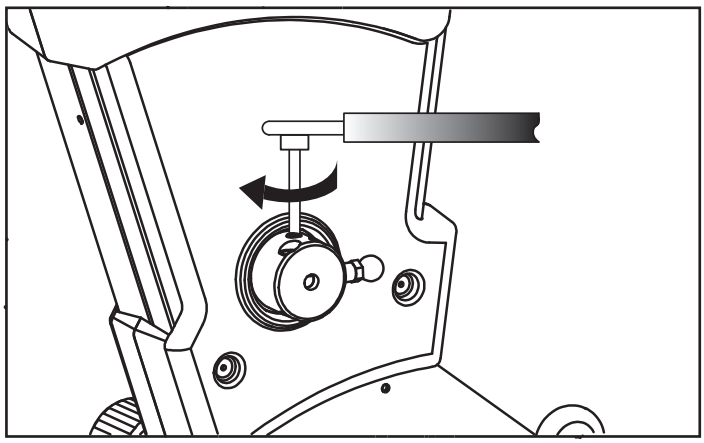
Starting on the right side, use a 5/16 Hex bit to remove the 1st set screw #P3110 (5/8-18 x .5 Socket) and place to the side.



Step 2:

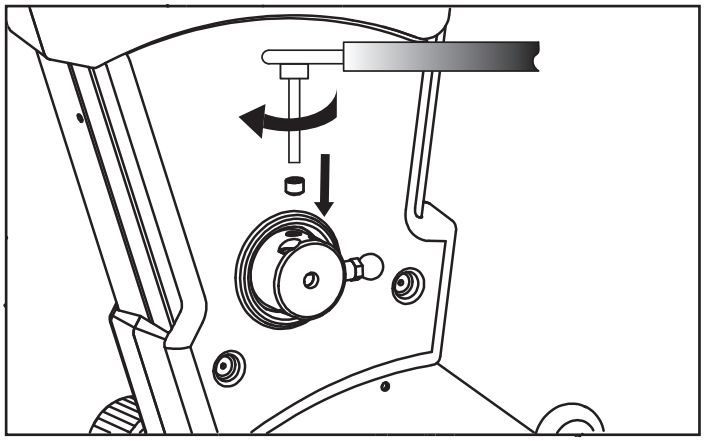
Using a 5/16 Hex bit and Torque wrench set at 480 in/lbs. Insert the bit into the crank hub to reach the 2nd set screw #P3111 (5/8-18 x .75 Socket) and TIGHTEN to the 480 in/lb setting on the wrench.

Note: The wrench will click when it has reached the 480 in/lb (5.54 Kg/m) setting.



Step 3:

Again using a 5/16 Hex bit and Torque wrench set at 480 in/lbs, reinsert the set screw removed in step 1 into the crank hub and TIGHTEN to the 480 in/lb setting on the wrench.



Step 4:

Repeat steps 1 thru 3 for the left side.

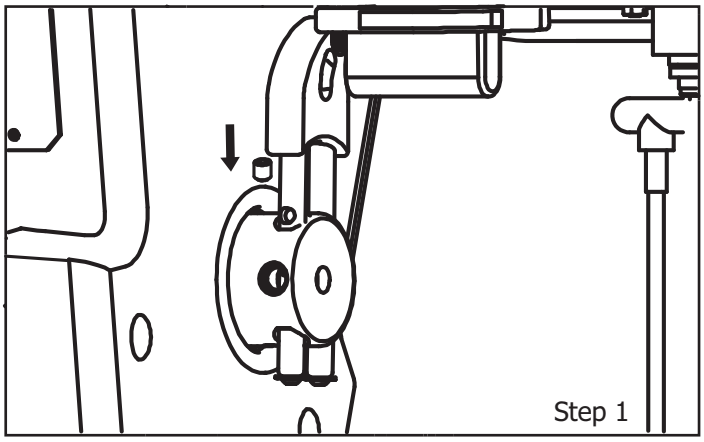
Verify LWR Fixed Cranks Are Secure (PRO2)

Your machine may have the lower fixed crank hub option, these hubs are usually removed for shipment purposes. If this is the case, attaching them is very simple. The following will explain the steps necessary to attach the hubs.

Tools Required:

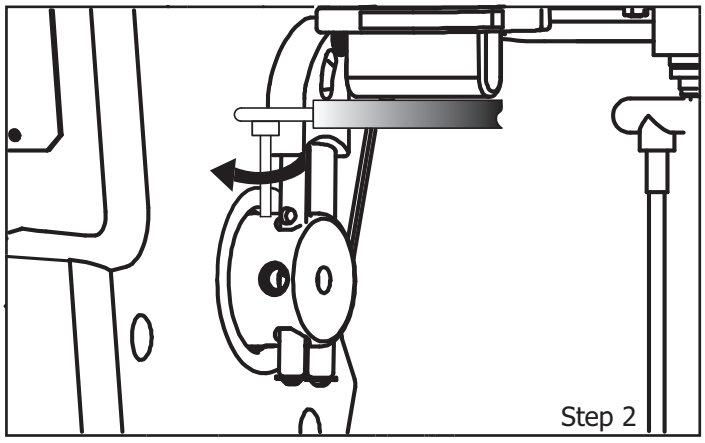
- 5/16 Hex bit
- Torque wrench set for 480 in/lbs (5.54 Kg/m)

Step 1:
Starting on the left side, slide the hub onto the lower shaft of the machine, allowing 3/4" between the frame and the end of hub. Align the set screw hole over the flat surface area of the shaft, then use a 5/16 hex bit to secure #P3111 (5/8-18 x .75 Socket) set screw as shown in the drawing.


Step 1

Step 2:
Using a 5/16 Hex bit and Torque wrench set at 480 in/lbs, TIGHTEN the set screw to this setting.

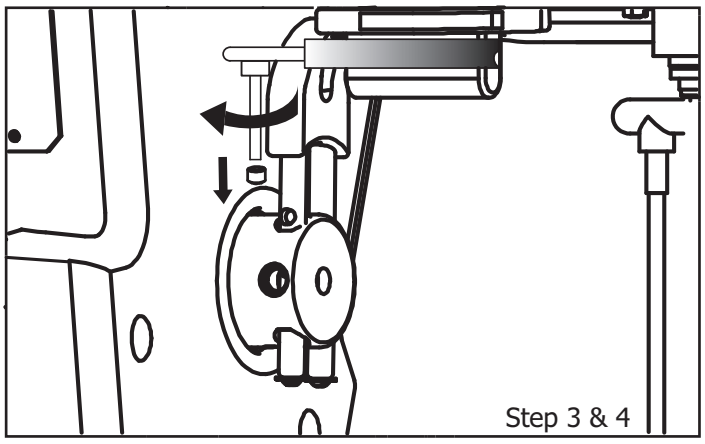
Note: The wrench will click when it has reached the 480 in/lb (5.54 Kg/m) setting.


Step 2

Step 3:
Using a 5/16 Hex bit insert and secure #P3110 (5/16-18 x .5) set screw on top of the set screw #P3111 previously inserted in steps 1 and 2.

Step 4:
Tehn using a 5/16 Hex bit and Torque wrench set at 480 in/lbs, TIGHTEN the set screw as done in step 2.

Note: The wrench will click when it has reached the 480 in/lb setting (5.54 Kg/m)

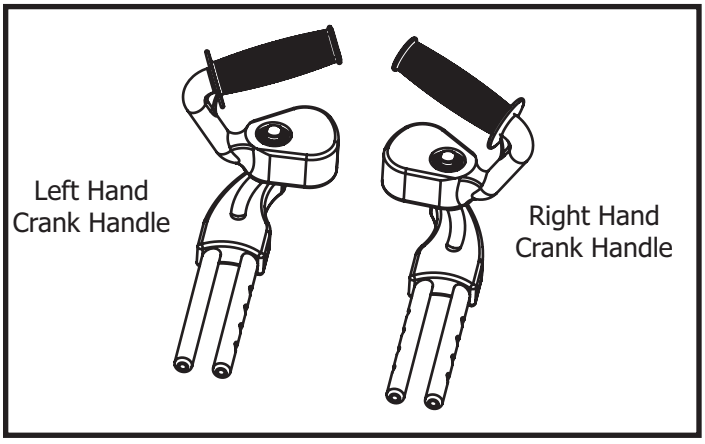

Step 3 & 4

Step 5:
Repeat steps 1 thru 4 for the under side of the hub.

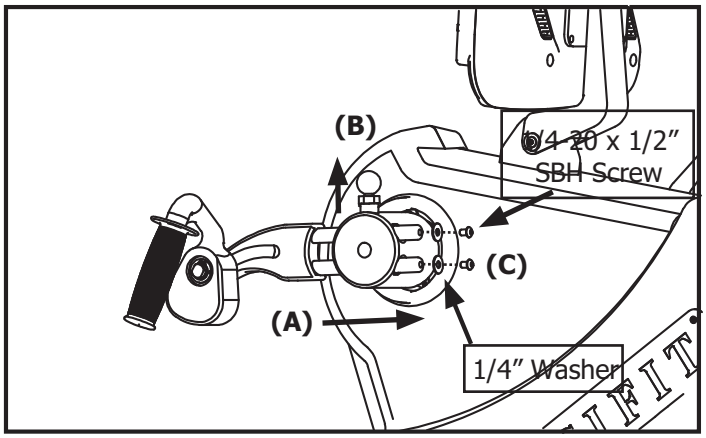
Step 6:
Repeat steps 1 thru 5 for the right side of the machine.

Assemble Hand Crank Handles to Hubs

Identify Left and Right Hand Crank Handles

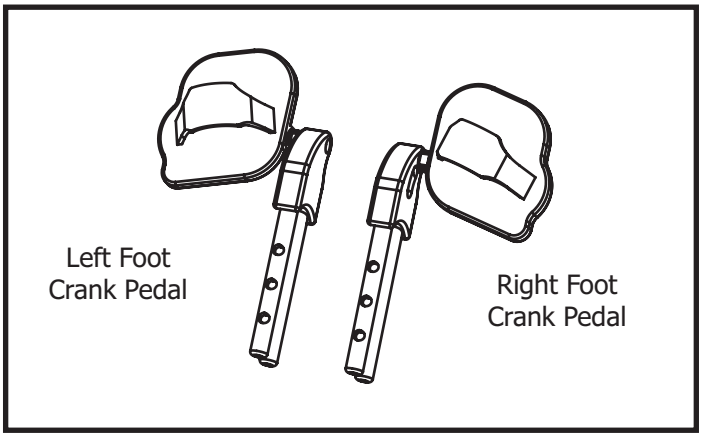


(A) Insert parallel rods through bearing holes of hub. **(B)** Pull yellow crank arm locking pin out and push rods through until end of rod protrudes from farside. **(C)** To prevent unwanted dropping of crank arm when adjusting crank arm positions, install a 1/4-20 x 1/2" socket button head screw and 1/4" washer into the end of each rod.

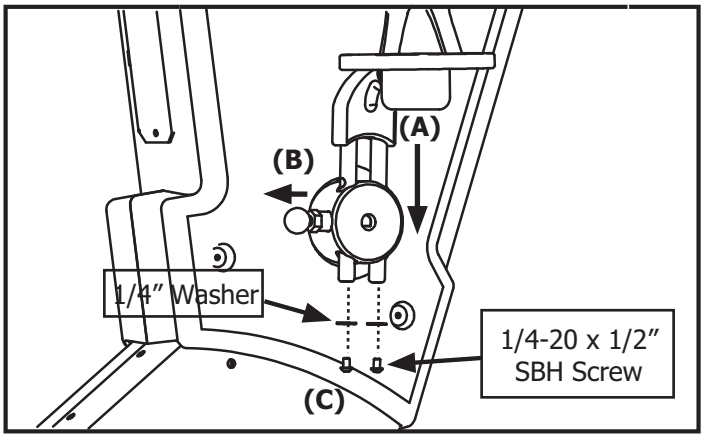


Assemble Foot Crank Pedals to Hubs(PRO2 Only)

Identify Left and Right Foot Crank Pedals

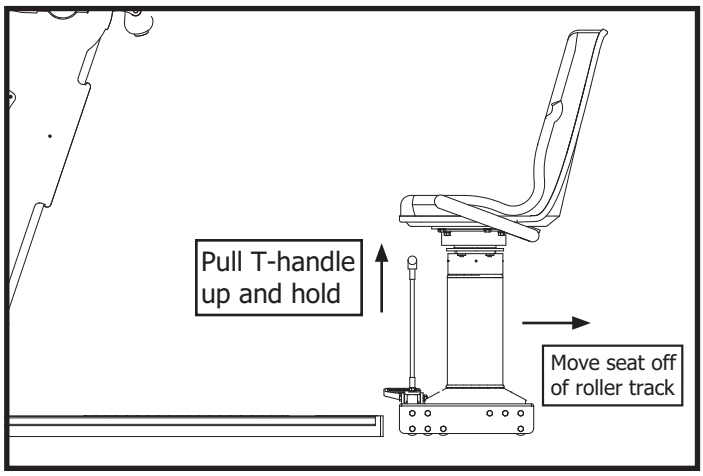


(A) Insert parallel rods through bearing holes of hub. **(B)** Pull yellow crank arm locking pin out and push rods through until end of rod protrudes from farside. **(C)** To prevent unwanted dropping of crank arm when adjusting crank arm positions, install a 1/4-20 x 1/2" socket button head screw and 1/4" washer into the end of each rod.

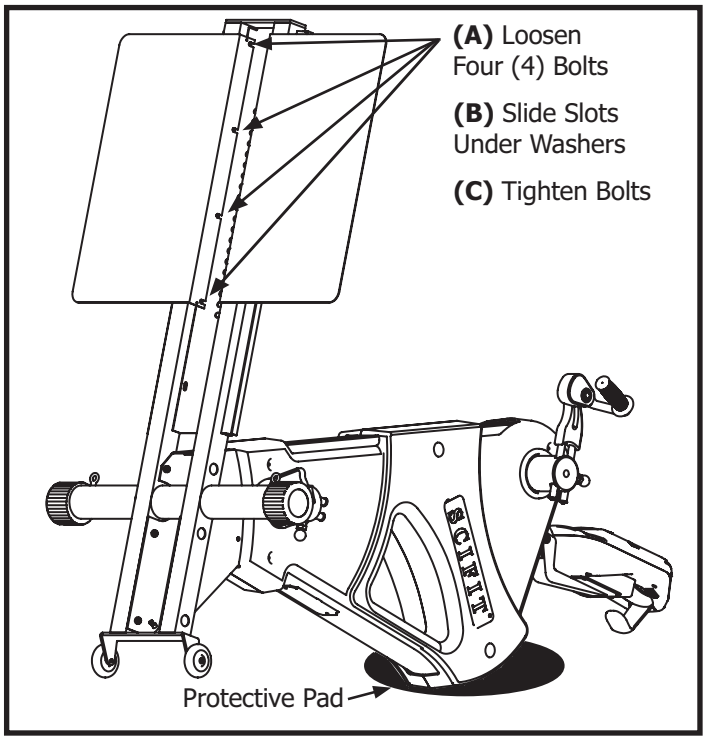


Optional Wheelchair Platform (#1180)

To install the optional wheelchair platform you must first remove the seat assembly from the base. Pull up on the yellow T-handle seat adjustment rod and slide the seat assembly completely off the roller track.



With the aid of an assistant, carefully raise the base up, and lower the work console down until the console is resting on the floor. To prevent damage to the covers place a pad, piece of carpet or cardboard between the case and floor.



(A) With a 1/2" socket, loosen the four back end bolts that secure the stainless steel adjustment track to the base frame just enough to slide the platform under the lockwasher. **NOTE: Do not remove the bolts.**

(B) Slide the platform slots between the lockwasher and the frame, with the flat surface of the platform flush against the frame.

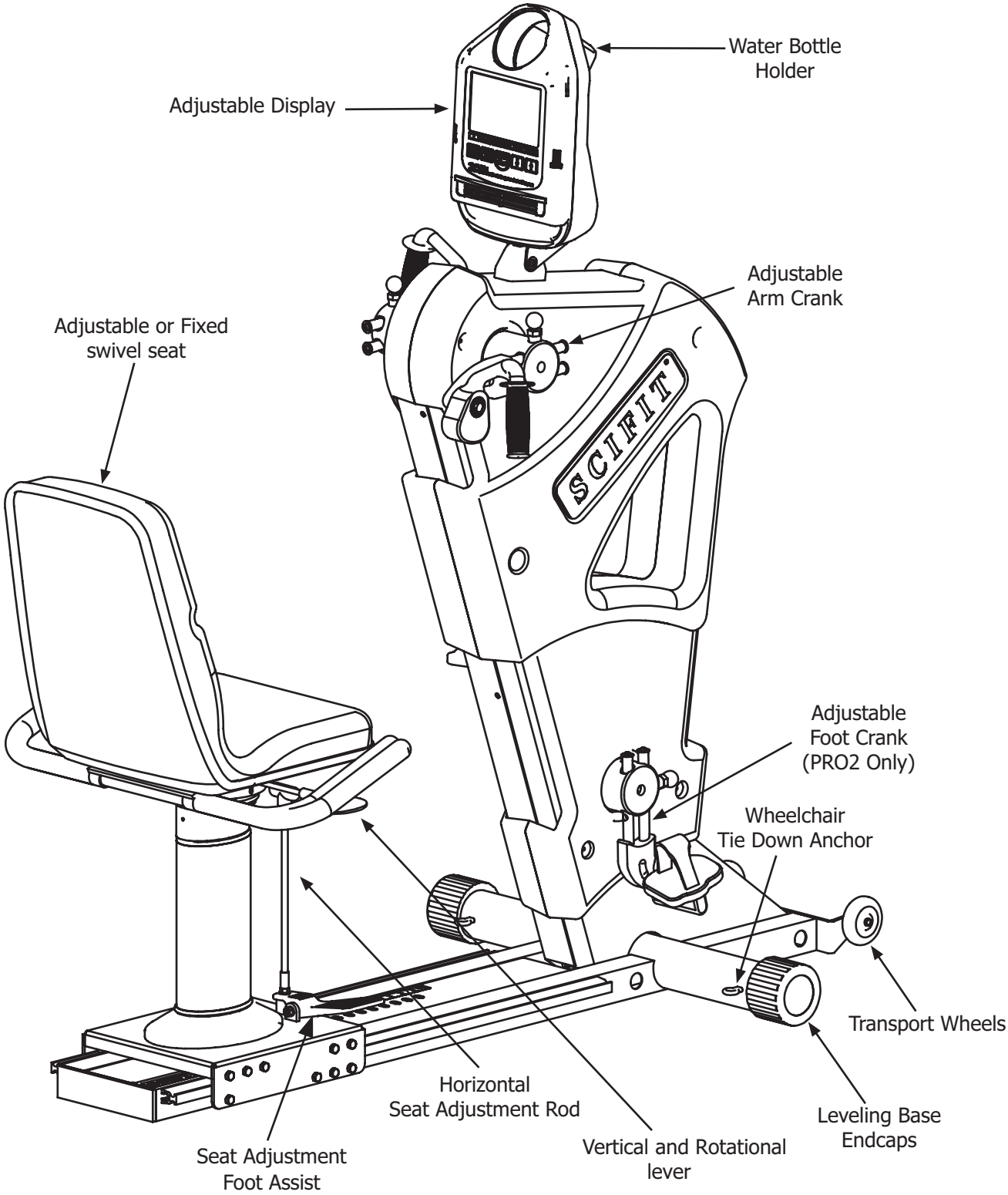
(C) tighten the four bolts, then repeat the process for the other side.

After securing the platforms with the help of another person, carefully lift and set the machine to it's normal position, then reinstall the seat assembly the same way it was removed from the seat track.

⚠ CAUTION

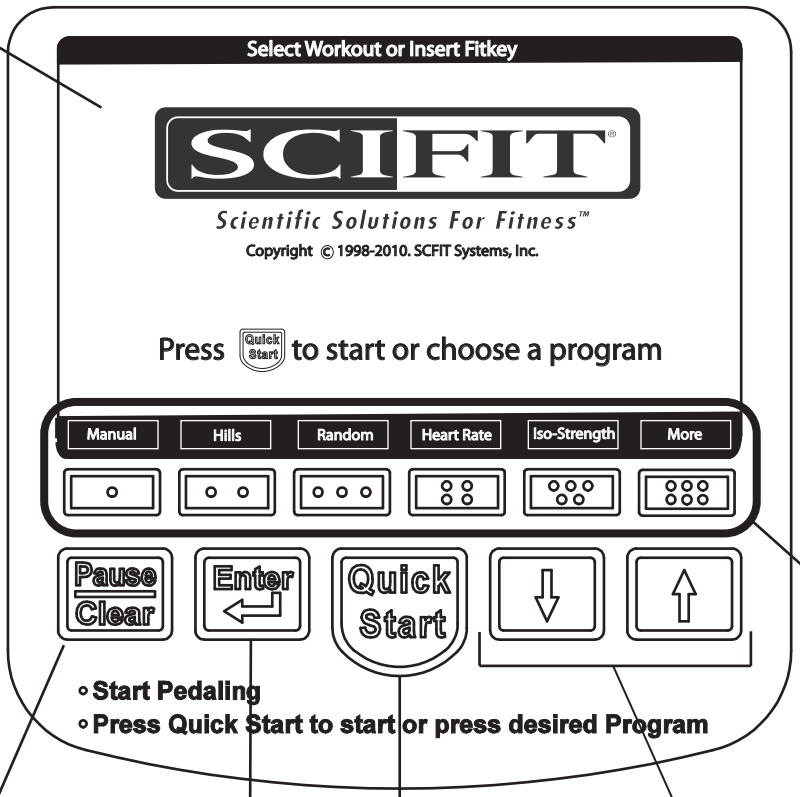
Monocoque Frame is top heavy.Two people are required to position frame in place. Failure to support frame properly **may** result in injury to yourself and/or others.

PRODUCT OVERVIEW



KEYPAD FUNCTIONS

Work Level Status LCD Screen -
The Work Level Status LCD Screen gives a progressive real-time indication of the current work level of any and all programs



Profile Selection Area - Allows the user option to choose from 12 different workout profiles

PAUSE/ CLEAR - The [Pause/Clear] key will pause the workout. Pressing [Pause/Clear] a second time when in the pause mode will stop the workout and return to the main screen.

To restart in the paused mode press the[Quick Start] key.

ENTER -
The Enter Key is pressed to enter selected values for the workout parameters.

Up Arow and Down Arrow - These keys increase or decrease values of the workout parameters.

QUI CK START - This key provides a one-touch "Quick Start" into the Manual mode, or after logging into a program.The Quick Start key will activate the selected program.

Swivel or Fixed Seat and Wheelchair Use
Adjust seat or wheelchair forward or backward to a comfortable location for the upper body movement. A slight torso rotation is desired on extension. Avoid locking arms at extension by adjusting the seat position or arm crank radius. Adjust the height of the cranks to a comfortable position that encourages proper posture or at the desired angle for specific training or rehabilitation movements. Such movements and adjustments should be under the guidance and supervision of a fitness or medical professional. If your Pro2 features a seat with height adjustment, you may adjust either the seat height or the control head to obtain the desired axis of rotation and body position**.**

Crank Length Adjustment
Adjust the foot and crank arm radius to desired length. The longer the crank arm length the larger the circle the user will experience when exercising. Generally a larger circle will result in broader muscle recruitment and greater torso rotation.

Comfort is a key issue and these guidelines may be helpful.

Users Height:

5’ 6” and under = shortest crank settings
5’ 7” to 5’10” = middle crank settings
5’ 11” and taller = longest crank setting

Important Note: When using this product for medical or rehabilitation purpose, the crank radius, seat height and distance should be set by the attending therapist or medical professional based on the specific needs of the user.

⚠ CAUTION

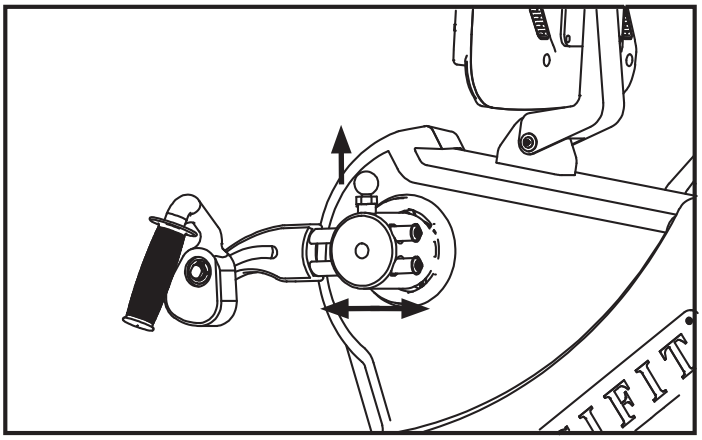
Always follow medical professionals guidelines to reduce the risk of personal injury. Failure to follow their directions **may** result in injury to yourself.

ADJUSTMENTS

Control Console Adjustment
The control console should be positioned so it is eye level or in direct line of sight of the user. The control console can be repositioned by pushing backwards or pulling forward.

Crank Arm Adjustment
Crank arms can be adjusted to accomodate user height, achieve proper bio-mechanical positioning and work different muscle groups.

To adjust crank arm position, pull yellow spring loaded locking pin out and move crank arm to new position.

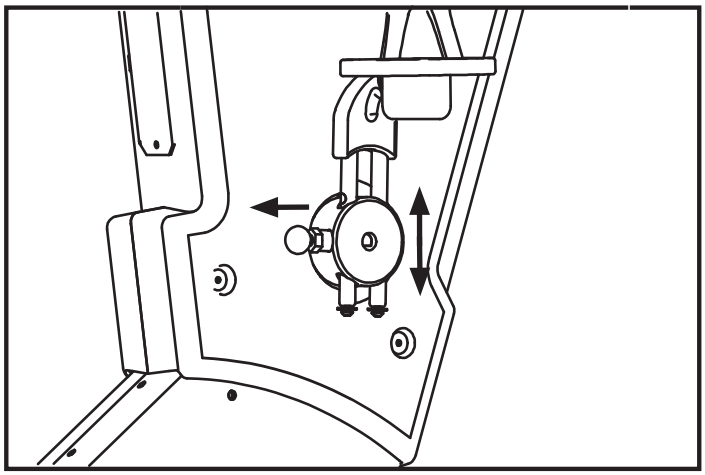


Reversing Crank Arms
The upper body crank arms can be easily adjusted to work in unison or in a rotary rowing motion. To take advantage of this feature, first remove the Allen head screw and washer from the steel crank rods on the right side of the unit. The allen keys and instructions are included in your owners package. This is done one time only. To reverse the crank, pull the yellow pin and slide the crank arm completely out of the Crank hub. Pull the yellow pin and re-insert the crank arm carefully in the opposite position. The crank arms will now be working in unison. It is important to know that the function can not work in conjunction with the lower body movement on the PRO2.

Using your SCIFIT PRO2 or PRO1000 in this manner encourages abdominal and back involvement and can be used to in the treatment of specific medical conditions.

Foot Crank Adjustment
Foot crank pedals can be adjusted to accomodate user height, achieve proper bio-mechanical positioning and work different muscle groups.

To adjust foot crank position, pull yellow spring loaded locking pin out and move foot crank to new position.



Swivel Seat Adjustments

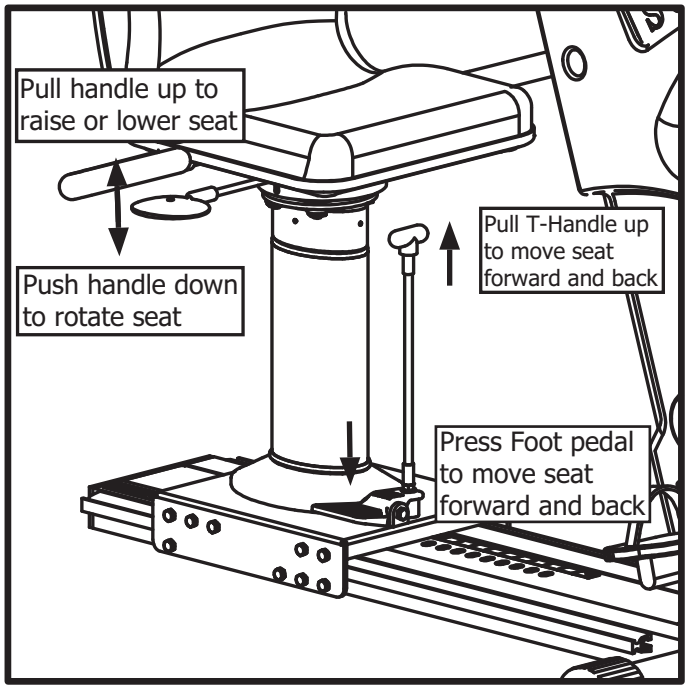
Horizontal Adjustment - The seat can be adjusted in 1" increments and is held in place with a spring loaded adjustment pin. The seat system is easily adjusted by pulling up on the T-handle yellow knob and sliding the seat assembly forward or back.

The seat may also be adjusted forward or back by pressing on the Foot assist pedal.

Adjust the seat so the arms have a slight bend at full extension. The feet can be located in the most comfortable area on the flat surface of the foot rest.

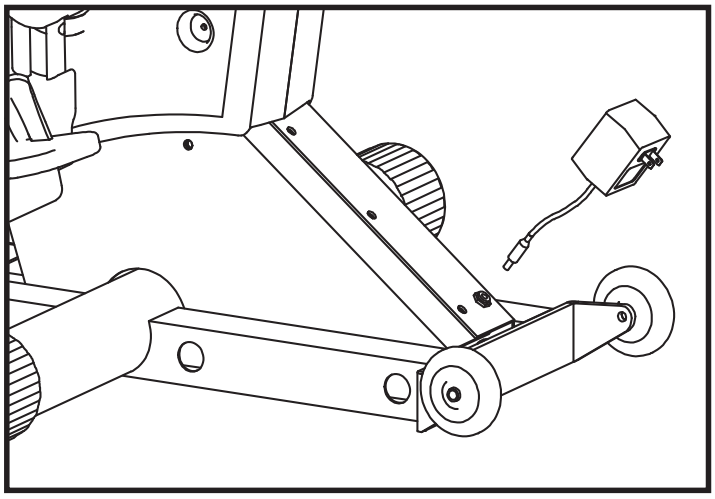
Vertical Adjustment - Pull up on the yellow paddle shaped handle to raise or lower the seat.
NOTE: No weight should be on the seat when raising.

Swivel Adjustment - Push down on the yellow paddle shaped handle to rotate the seat. The seat will lock into place at each 90 degree position.

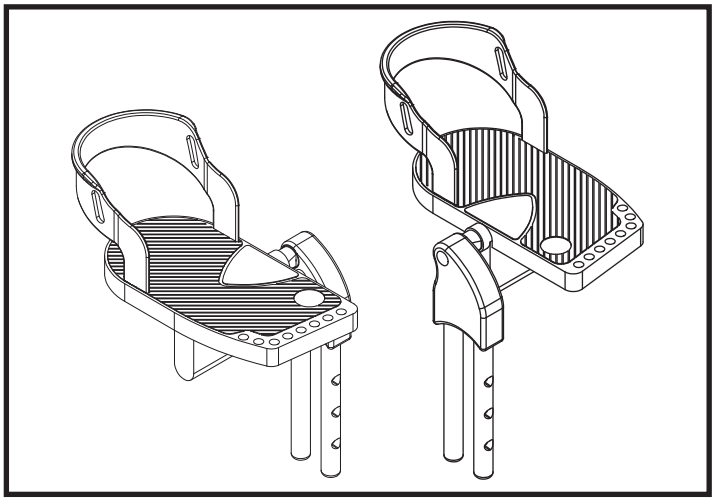


ACCESSORIES

12V Power Pack - #P1562 (Dom.) #P3733 (Int'l)
To provide continuous power to the display when equipment is not in operation, plug in the 12V power pack into the jack located on the lower front side of monocoque frame.

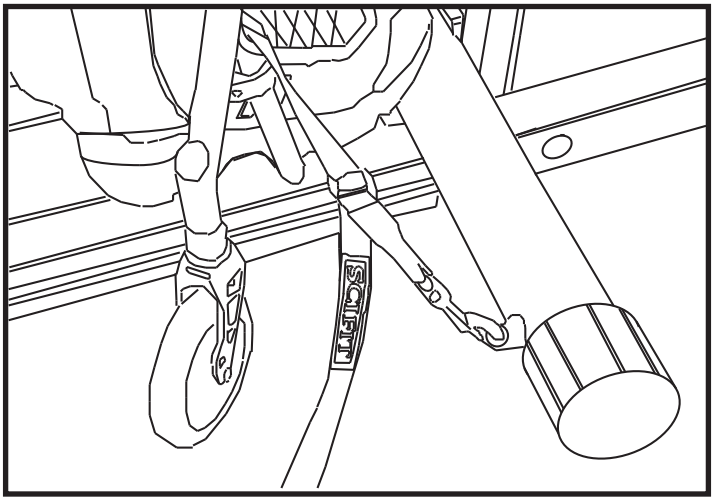


Low Support Boot - #A3248 (Optional)
Footplate with a lip at the back to keep the feet from sliding off the pedal. Open at the front and has Velcro straps to keep the feet in place. They come with the crank bars for easy installation and removal.

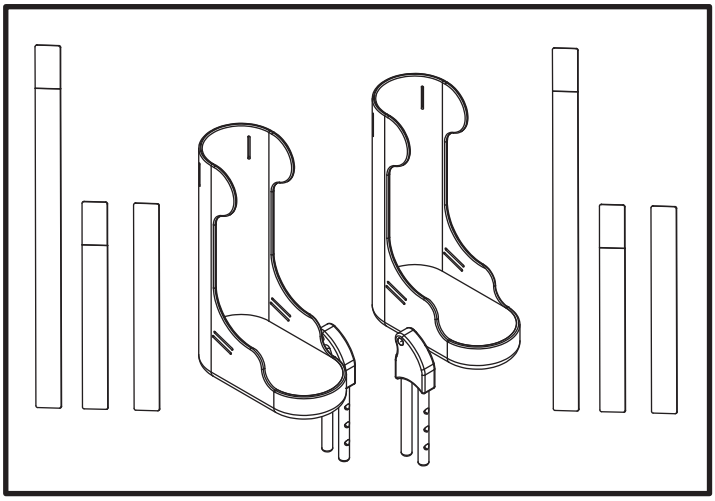


Order online 24/7 at www.SCIFIT.com

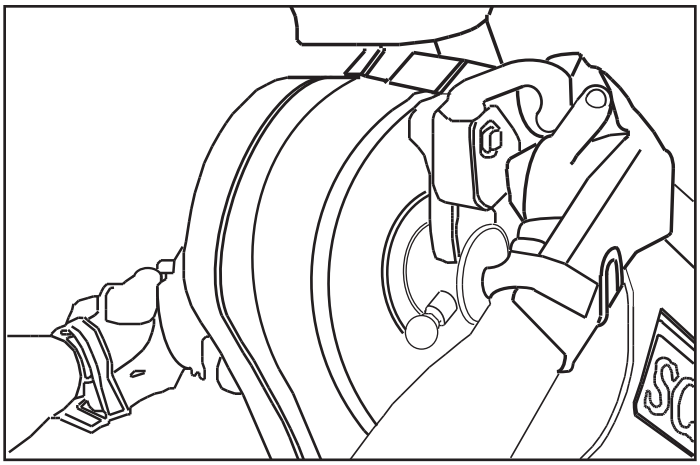
Tie Downs - #P2506 (Optional)
The tie downs are adjustable straps with clips on each end. They fix to the wheelchair on the PRO1, PRO1000 or PRO2 at the front cross tube. The footrest must be removed to expose the tie down anchors.



High Support Boots - #A2242 (Optional)
A plastic calf high boot which is open at the front and has Velcro straps to keep the legs in place. They come with the crank bars for easy installation and removal.



Glove Assist - #P3981 (OPTIONAL)
For individuals tha have limited strength with fingers and wrist, the Assist Gloves are available. Fit hand into glove, wrap glove pad with fingers around crank handles and secure in place with velcro strips.



Order Online 24/7 at www.SCIFIT.com

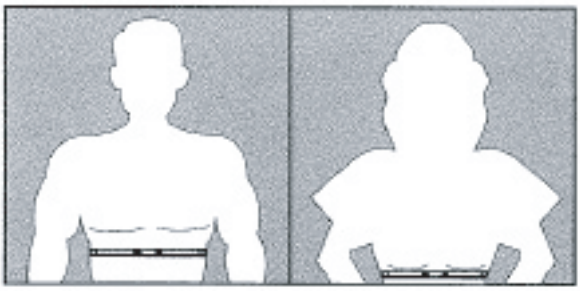
HEART RATE TRANSMITTER STRAP

Uses of the Heart Rate Transmitter Strap
The optional wireless heart rate transmitter accessory is a useful device if you desire continuous feedback on your current heart rate during a workout. In addition, the PRO2 and PRO1000 includes a Heart Rate Control program which requires use of the strap.

The Heart Rate Control program enables the user to set-up a target heart rate. Through real-time monitoring of the user's heart rate, the computer maintains the user's heart rate at or below this established target rate by decreasing the workload if the user's heart rate exceeds the target.

Activating & Deactivating Transmitter
Heart Rate Transmitter Straps come in a variety of styles and manufacturers. To properly activate, secure strap to the chest, and to deactivate follow the instructions that come with the Transmitter Strap.

⚠ CAUTION
Always follow manufacturers instructions for proper care and use. Failure to follow manufacturers instructions may result in injury to yourself.



⚠ WARNING
Heart Rate monitoring systems may be inaccurate. If you feel faint, stop exercising immediately. Over exercising may result in serious injury or death.

Calculating Target Heart Rate Zone
Your approximate **Maximum Heart Rate (MHR)** is equal to 220 minus your age. The upper limit of your target zone is equal to 0.85 times your MHR. The lower limit of your target zone is equal to 0.60 times your MHR.

For Example:
Your age is 40:
220 - 40 = 180
180 x .85 = 153 (max MHR)
180 x .65 = 108 (min MHR)

These values are based upon averages, always consult your physician to establish the proper Heart Rate Zone for your individual health condition.

Programs

SCIFIT products have 200 levels of computer controlled resistance, which ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout. Because the resistance is adjustable in .1 increments, it is easy for the user to track progress. SCIFIT products feature one of the highest resistance capabilities available on any cardio equipment.

SCIFIT products are self generated and have an extremely low starting resistance. One pedal movement or crank revolution activates the console and the screen will remain lit at the most minimal levels of movement.

SCIFIT products have a battery back up which will keep the screen lit for a short period after exercise or if the user stops. This varies between 0 seconds and 5 minutes and can change with the amount of use each product gets.

If you prefer the console to remain lit before and after use, an optional wall pack can be plugged in to accomplish this. This is common in medical settings and with Fit-Key Programs.

Manual Workout

Allows the user to set the intensity at any level. This level will not change unless the user manually increases or decreases the intensity using the [UP] or [DOWN] arrow keys.

Press **MANUAL** Then Enter

Time	**15:00**
Level	1.0
Weight	150

Adjust workout time with the ⇩ ⇧ keys, then press Enter

Time	15:00
Level	**1.0**
Weight	150

Adjust level intensity with the ⇩ ⇧ keys, then press Enter

Time	15:00
Level	1.0
Weight	**150**

Enter user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise.

Fit Quik

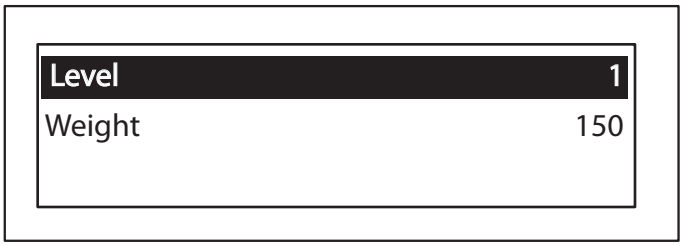
Allows the user to select a two stage program of cardiovascular work with ISO-strength (Isokinetic) work loads and duration determined within the factory set up.

Press **Fit-Quik** Then Enter

Fit-Quik Cont'd

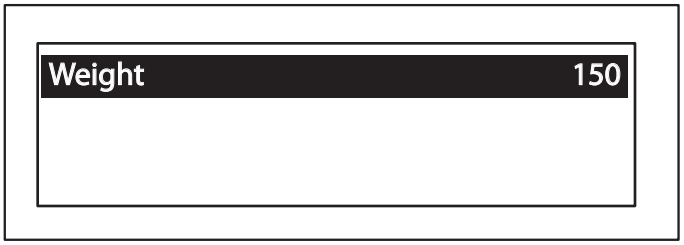
The categories displayed will depend on the workout that is selected in the factory setting. The following will be seen for the workout choosen.

Manual or Hills



Adjust the Level and Weight with the ⇩ ⇧ keys, then press Enter

Constant Workout

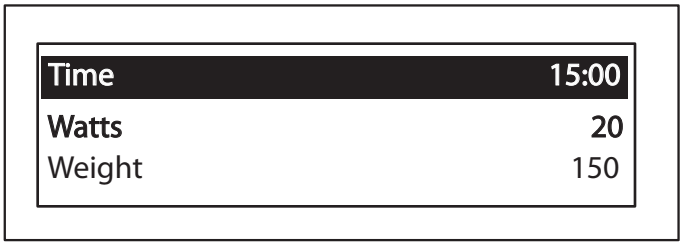


Adjust the Weight with the ⇩ ⇧ keys, then press Quick Start

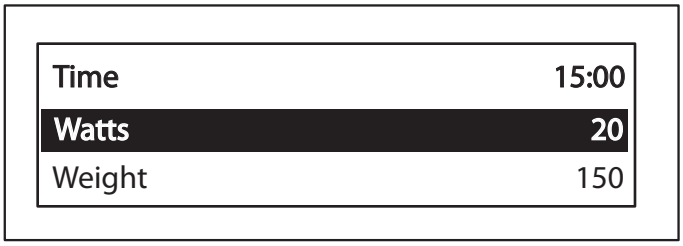
Constant Work

Pedal resistance is automatically adjusted to compensate for any change in pedal speed (RPM), thus workload (Watts) will remain constant at any given setting.

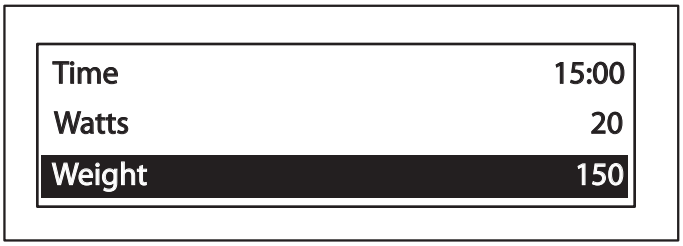
Press CONSTANT WORK Then Enter



Adjust workout time with the ⇩ ⇧ keys, then press Enter



Adjust target watts with the ⇩ ⇧ keys, then press Enter

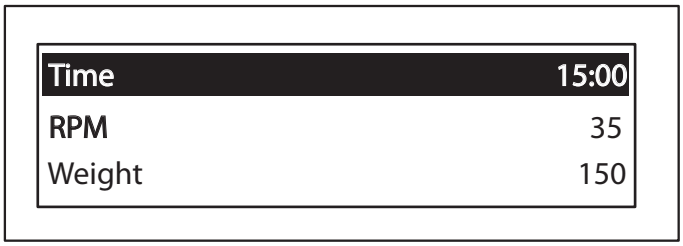


Enter the user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise

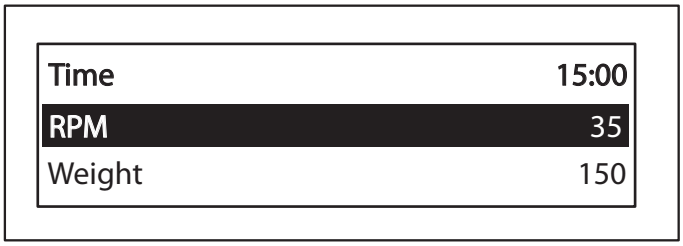
ISO-Strength Program

ISO-Strength is a isokenitic program, meaning that the unit will resist your movements in order to force you to stay at a set speed. This type of strength workout will not cause excessive soreness because it is accommodating. The computer will adjust resistance to keep the user at the target RPM speed.

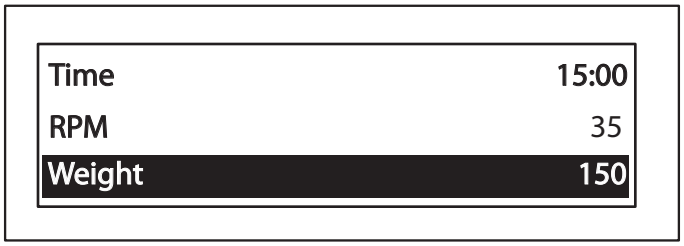
Press **ISO-STRENGTH** Then Enter



Adjust workout time with the ⇩ ⇧ keys, then press Enter



Adjust target RPM with the ⇩ ⇧ keys, then press Enter

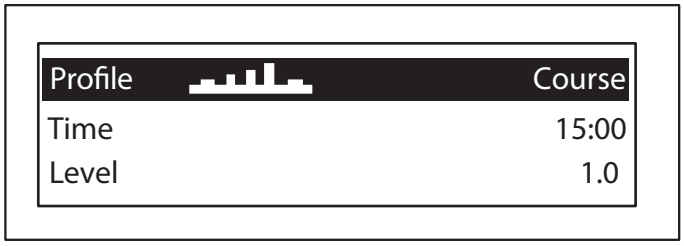


Enter user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise

Hills Program

Allows the user to select from seven different Hill profiles at various pre-programmed intensities. The following profiles are available: Hill Course, Sprints, Twin Peaks, Peak, Progressive, Multi-Peaks and Ramp.

Press **HILLS** Then Enter



Select 1 of 7 profiles with the ⇩ ⇧ keys, then press Enter

Hills Cont'd

Profile	Course
Time	**15:00**
Level	1.0

Adjust workout time with the ⇩ ⇧ keys, then press Enter

Profile	Course
Time	15:00
Level	**1.0**

Adjust level intensity with the ⇩ ⇧ keys, then press Enter

Time	15:00
Level	1.0
Weight	**150**

Enter user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise

MORE

Pressing this key will enter the user into the 2nd of three workout program selection screens. This screen will show an additional five more pre-programmed workout profiles.

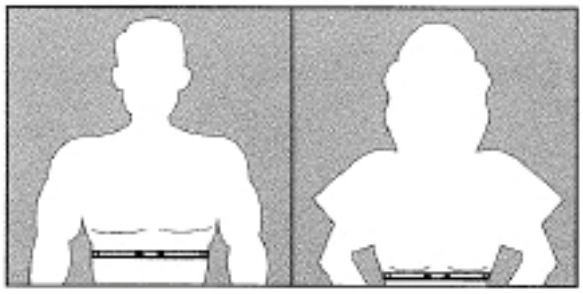
Press MORE

A new screen will appear with additional programs: Heart Rate, Stess Test, Random, Power Fit and Heart Fit.

Heart Rate Program

The Heart Rate Transmitter Strap is required for this program. Refer to page 22 for a complete instruction on using the strap and to understand how to calculate your Target Heart Rate.

- **Put on Heart Rate Transmitter Strap**

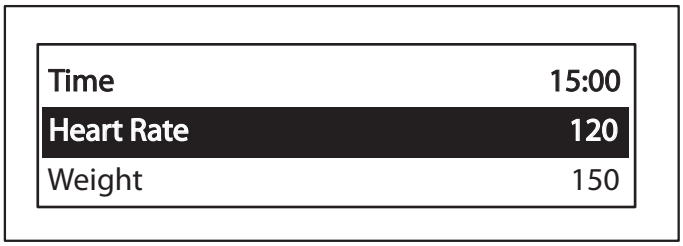


Press HEART RATE Then Enter

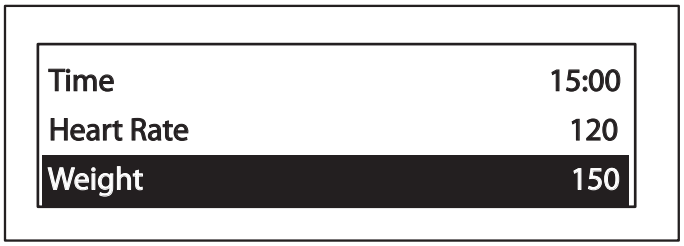
Time	**15:00**
Heart Rate	120
Weight Rate	150

Adjust the workout time with the ⇩ ⇧ keys, then press Enter

Heart rate Cont'd



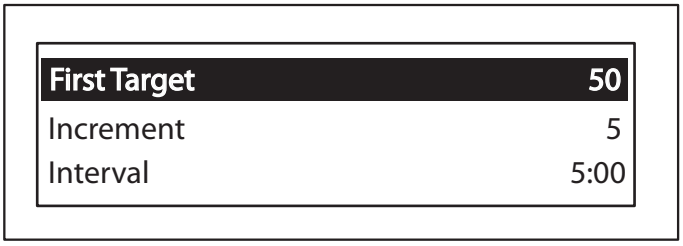
Adjust the target Heart Rate with the ⇩ ⇧ keys, then press Enter



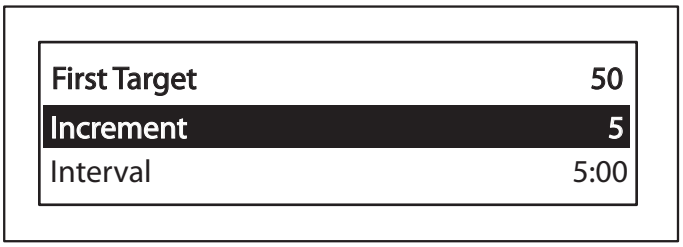
Enter the user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise

Stress Test

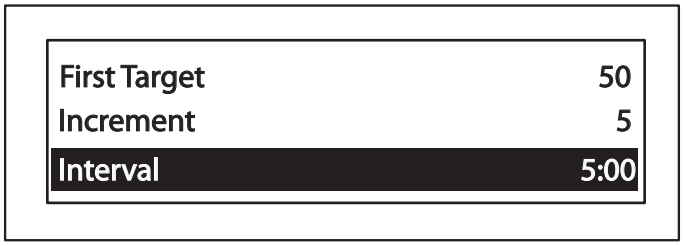
A designed step test to be used as training program or use with other diagnostic devices (if appropriate). The user sets a target wattage with timed intervals and preset wattage increments.



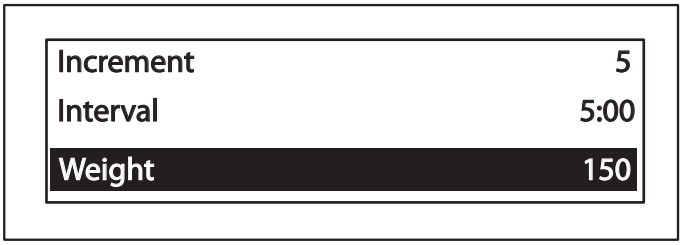
Select target wattage with the ⇩ ⇧ keys, then press Enter



Select wattage increments after each interval with the ⇩ ⇧ keys, then press Enter



Select the length of each interval with the ⇩ ⇧ keys, then press Enter



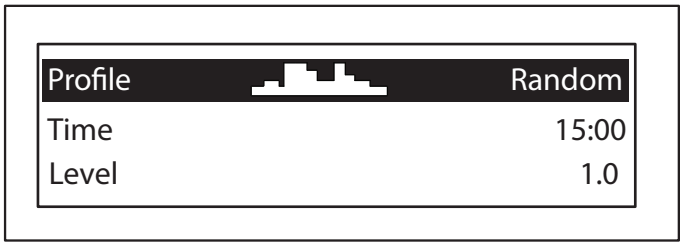
Enter user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise

Random Program

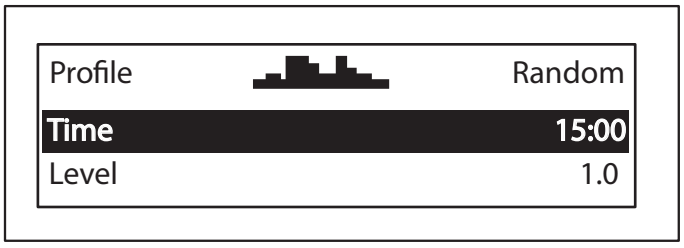
The Intelli-Fit console will randomly display different workout profiles each with its own level of difficulty. The operator only has to choose the type of the profile, then select the time length of the workout and the level difficulty.

Note: The highest column of the profile represents the workout level you selected. Columns below it are percentages of the level selected.

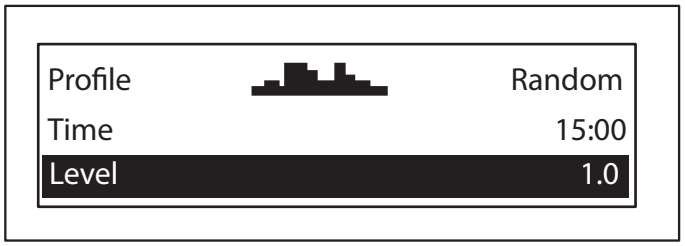
Press **RANDOM** Then Enter



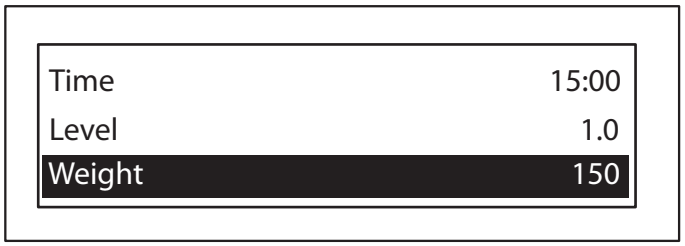
Select a random profiles with the ⇩ ⇧ keys, then press Enter



Adjust workout time with the ⇩ ⇧ keys, then press Enter



Adjust level intensity with the ⇩ ⇧ keys, then press Enter

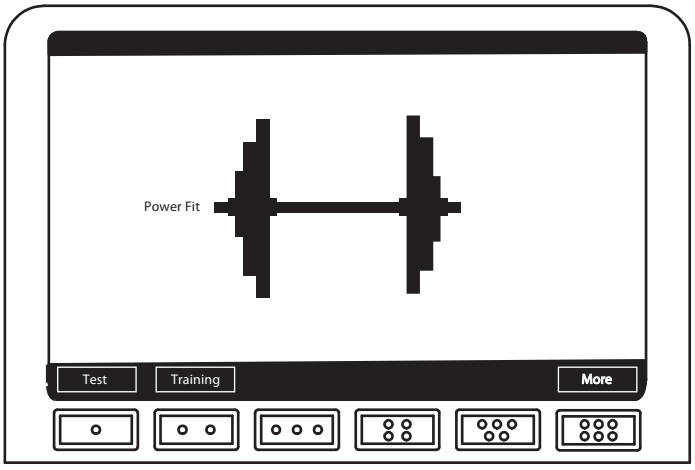


Enter user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise

Power Fit Programs

This key displays two options "Test" and "Training". These programs are power and strength indicators for the user.

Press **Power Fit** and the screen will display a choice of "Test" or "Training" as shown below.



Test

This program is based on a pre-programmed wourkout designed to evaluate your "Power Drop %", which gives a fitness indication of power and strength using wattage as the main measurement.

Press **TEST** Then Enter and begin exercise

Training

Specifically designed preset wattage training programs based off user Power Fit test evaluation. Three programs and four levels (Beginner, Intermediate, Advanced and Sport Performance) are available.

Press **TRAINING** Then Enter

Program	**1**
Level	Beginner
Weight	150

Select 1 of 3 programs with the ⇩ ⇧ keys, then press Enter

Program	1
Level	**Beginner**
Weight	150

Select 1 of 4 levels with the ⇩ ⇧ keys, then press Enter

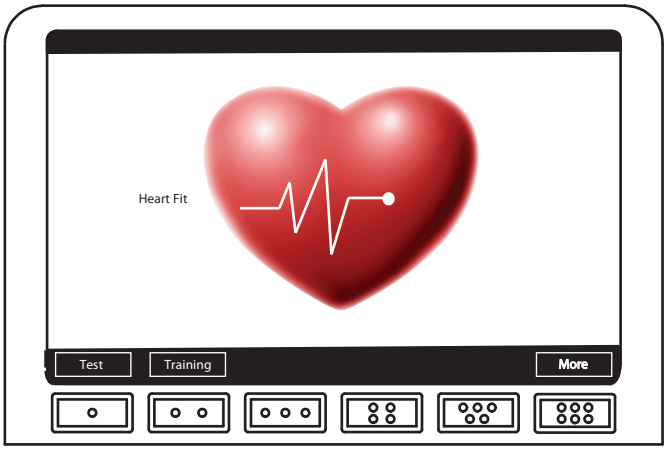
Program	1
Level	Beginner
Weight	**150**

Enter user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise

Heart Fit Programs (Use Chest Strap)

This key displays two options "Test" and "Training". These programs are Heart Rate recovery indicators for the user.

Press **Heart Fit** and the screen will display a choice of "Test" or "Training" as shown below.



Test

This program is based on a pre-programmed workout designed to evaluate your Heart Rate recovery. The user can select from 1 to 4 levels: Beginner, Intermediate, Advanced and Sports Performance.

Press **TEST** Then Enter

Level	Beginner
Weight	150

Select 1 of 4 levels with the ⇩ ⇧ keys, then press Enter

Level	Beginner
Weight	150

Enter user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise

Training

Designed training programs based on the user's evaluated Heart Fit test. A training schedule with retesting is recommended. The user has three programs and four levels: Beginner, Intermediate, Advanced and Sports Performance to choose from.

Press **TRAINING** Then Enter

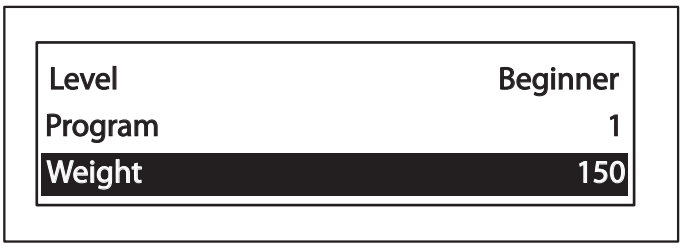
Level	Beginner
Program	1
Weight	150

Select 1 of 4 level with the ⇩ ⇧ keys, then press Enter

Level	Beginner
Program	1
Weight	150

Select 1 of 3 programs with the ⇩ ⇧ keys, then press Enter

Training Cont'd



Enter user weight with the ⇩ ⇧ keys, then press Quick Start and begin exercise

Additional Key Features

SCIFIT has also included extra user friendly key features the user may use during a workout.

CHANGE VIEW

Allows the user to change the viewing fomat of the workout profile and data displayed on the LCD screen during the workout.

FAN

The console contains two 3-speed cooling fans that can be activated by the user at anytime.

Power Burst

When activated a count down will display on the screen for the user to prepare to pedal faster for a small duration of time. This time duration can be increased or decreased in the "User Set-up".

Pause Clear

If at anytime the user may want to pause during a workout, this may done by pressing the [Pause/Clear] key. The screen workout will then minimize and provide the user three options

1. **Continue** - Maximizes the workout screen and continues the workout where the user had stopped.

2. **Change** - Returns to a sub-menu where information may changed that was previously entered by the user.

3. **Stop** - Exits the workout and returns to the main menu.

Note: The console will reset to the main menu after a short period of time if no selection is made.

Maintenance
The PRO is virtually maintenance free. After training, always wipe down your SCIFIT exercise product. Perspiration that continuously settles on the frame, upholstery, casings, and control console may eventually cause rust or damage. Damage resulting from lack of maintenance is not covered under warranty.

If defective components are identified and require replacement, the equipment should be put out of service until repaired.

⚠ CAUTION
In order to maintain a safe level of operation, equipment must be inspected on a routine basis for damaged or worn parts. Failure to inspect equipment may result in injury to yourself or others.

PRO2/PRO1000 Maintenance Schedule

Any mechanical or electrical work conducted within the main body of a medical CE class IIa unit MUST be recalibrated. The generic maintenance schedule below should be applied to medical CE and non-medical CE products

COMPONENT	USE	WHEN	BY WHOM
Covers, Seat,Handlebars and Console	Damp Cloth	Daily	Club Maintenance
LCD Screen	LCD TV Screen soft cleaning cloth	Weekly	Club Maintenance
Chains	Lightly Applied Chain Lubricant	Monthly	Club Maintenance
Nuts and Bolts	Tighten When neccessary	Bimonthly	Club Maintenance
Base Roller Guide Track	Damp Cloth	Monthly	Club Maintenance

UNITED STATES CUSTOMER SERVICE
For assistance in the service of SCIFIT products;

phone : (800) 745-1373 or (918) 359-2040
fax : (918) 359-2045
e-mail: service@scifit.com

The Product Support department is staffed from 7:00 AM to 6:00 PM CST Monday through Friday. A voice mail service is available 24 hours a day for recording messages to request technical support and to order replacement parts. Our mailing address is:

SCIFIT Systems Inc.
5151 S. 110th E. Ave.
Tulsa, OK 74146
USA

UK & EUROPEAN CUSTOMER SERVICE

phone : +44 1344 300022
fax: +44 1344 868838
e-mail: info@scifit.uk.com

SCIFIT LTD (UK)
Lexham House
Forest Road
Binfield
Berkshire, RG42 4HP
UK

Company Number: 5970624 (UK)

COUNTRIES OUTSIDE OF UK & EUROPE PLEASE USE USA CONTACT NUMBERS

Order online 24/7 at www.SCIFIT.com

It is very important that your SCIFIT machine is registered. This can be done online at *http://www.SCIFIT.com/warrantyregistration.shtml* or fill out and mail the registration form at the back of this manual.

SCIFIT Statement of Warranty

SCIFIT warranties new products against defective workmanship and/or materials under normal and proper use subject to the following limitations:

(a) SCIFIT's obligation to the original purchaser shall apply to:
Within the United States and Canada both parts and the cost of labor required to replace or repair a defective product for a period of one (1) year from user/dealer purchase date as documented by *warranty card and if warranty card has not been returned by user/dealer, then date of shipment from the factory Thereafter, for a period of two (2) years, such obligation shall extend only to the supply of replacement parts or products with any labor costs associated with such replacement or repair to be at Buyer's expense. Refer to clause (e) for components outside this policy clause.

Outside the United States and Canada replace defective product with no labor for a period of three (3) years from user purchase date as documented by *warranty card and if warranty card has not been returned by user then date of shipment from factory.

*Note: Original purchaser must register their purchased products either by warranty card return, web site registration or fax to activate warranty period or shipment date is extant for start of warranty period. A ninety (90) day period is to be given for warranty registration to allow stock rotation and showroom stock thereafter none registration will be shipment date for the start of the warranty period.

(b) SCIFIT's obligation shall be limited to repairing or replacing defective parts. No allowance shall be granted for repairs made by Buyer without SCIFIT's prior written approval. The decision to replace or repair shall be solely at SCIFIT's discretion.

(c) SCIFIT's warranty does not apply to parts requiring replacement or repair due to normal and abnormal wear and tear, improper use, corrosion (perspiration), improper maintenance, improper installation, improper rated, grounded or dedicated electrical circuits or improper storage, nor does it apply where all or part of the product has been altered from its original state by Buyer or a third party.

(d) THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, ARISING BY LAW OR OTHERWISE INCLUDING WARRANTY OR MERCHANTABILITY OF FITNESS FOR PARTICULAR PURPOSE, AND IS IN LIEU OF ALL OTHER LIABILITIES OF SCIFIT INCLUDING DIRECT, INDIRECT, SPECIAL AND CONSEQUENTIAL DAMAGES OR PENALTIES EXPRESSED OR IMPLIED WHETHER ARISING OUT OF CONTRACT, NEGLIGENCE OR OTHER SORT.

SCIFIT STATEMENT OF WARRANTY

(e) The below listed items have the following warranty coverage unless determined to be defective. These items include, but are not limited to:

Treadmills – AC5000 models only	Warranty Period
Treadmill belts	12 months
Treadmill belts decks	12 months
Treadmill structure & frame	5 years
Treadmill drive system inclusive of motor & inverter	5 years
Treadmill Handrails & Handles	3 years
Treadmill Heart rate grips	12 months
Treadmill water bottle holders	90 days
Treadmill trays	90 days

Rotary Products	Warranty Period
Upholstery	12 months
Saddles/Seats	12 months
Rotary Pedals	12 months
Rubber grips	12 months
Heart rate grips	12 months
Rotary structure & Frame	5 years
Rubber foot Pads (BioFlex)	12 months
Rotary water bottle holders	90 days
Rotary trays	90 days

Accessories Products	Warranty Period
Pedal straps	Normal wear & tear
Heart Rate Receiver/Transmitter	90 days
Low support boots	12 months
High support boots	12 months
Assist gloves	90 days
USB Keys and Lanyards	90 days

(f) Fires, floods, and acts of God, are not covered under this warranty.

Freight and Shipping

SCIFIT is not responsible for the repair or replacement of any unit or part damaged during transit or installation. The customer is responsible for inspection of each unit and part for shipping damage at time of delivery or installation, and prior to signing receiving paperwork. The customer is responsible for pursuing all freight damage claims with the appropriate transit company. **If the customer signs an unqualified reciept for freight or damage goods, the customer is solely responsible for the cost of the repair or replacement for such freight damage.**

Maintenance

After training, always wipe down your SCIFIT exercise product. Perspiration that continuously settles on frame, upholstery, cas ings and control panels may eventually cause rust or damage. Damage resulting from lack of maintenance will NOT be covered under warranty. To clean upholstery, use mild soap and warm water. Dry with a clean towel. Refer to the Treadmill maintenance schedule.

Product Support

Assistance for the service of **SCIFIT** products is available by calling (800) 745-1373 or fax (918) 359-2045. The product support department is staffed from 7 AM to 5 PM Central Time Monday through Friday. A voicemail service is available 24 hours daily for recording messages to request technical support and to order replacement parts. Our goal is to return every voicemail call within 30 minutes of when it is placed during our normal business hours.

Please have the following information prior to calling technical support:

- Model number of equipment
- Serial number of equipment
- Point of contact name and phone number
- Detailed description of symptoms encountered.

Installation

SCIFIT is not responsible for the repair or replacement of any unit or part damaged during installation. The customer is responsible for inspection of each unit and part for damage at the time of installation. The customer is responsible for pursuing all damage claims with the installer.

Software, Trademarks, Copyrights, and Patents

If an order includes software, such computer software is transferred by SCIFIT to the customer pursuant to a single user license, the royalty, terms, and conditions of that are set forth on or in the package accompanying such software.

KeyMaster software will receive 1 year of call-in technical support and owners will be eligible for product upgrades for one year following purchase.

SCIFIT has trademarked several names to uniquely identify its business and products. These names must not be used by other entities in the fitness business.

SCIFIT decals, user's manuals, and service manuals are copyrighted and may not be copied without prior approval from SCIFIT.

SCIFIT has obtained several patents on features and designs that are unique to its products. SCIFIT will defend these patents against those who attempt to utilize these features and designs in other products.

Parts Shipment

During the first 30 days warranty parts will be shipped via overnight delivery. Determination must be made before 2:00 PM Central Time on any given weekday for next day delivery. During the remainder of the first year warranty period, parts requirements will be filled via ground shipment. The customer is welcome to request overnight or 2nd day parts shipping, at customer's expense. If requested, SCIFIT will charge the customer's UPS account, or COD the difference in freight cost between ground shipment and overnight or 2nd day.

Return of Parts

SCIFIT is committed to continual improvement in the equipment we market. In order to meet this commitment, the rapid return of defective parts is essential. The examination of the parts by our engineering department leads to changes that insure the same problem does not re-occur. Thank you in advance for your assistance!

When requested by SCIFIT, defective parts must be returned to the SCIFIT factory within 20 days of receipt of replacement part. Otherwise SCIFIT will expect payment on the parts invoice net 30 days.

Please follow these three easy steps for returning parts.

Step 1
Keep the box and packing material in which the new parts arrived.

Step 2
Wrap the defective part and place in the box for safe return. Please take the brief moment needed to fill in the return parts form that is enclosed in the box with the new parts.

Step 3
A UPS prepaid Return Label will be in the part box for only those parts that need to be returned. When ALL of the parts are received and inspected at the factory, a credit will be issued for the original parts invoice. Attention service companies - labor invoices will NOT be paid until defective parts are returned to the factory.

Service Labor

Where applicable, the SCIFIT product support personnel will arrange a local field service technician to provide field support. Every effort will be made to schedule service during 48 business hours (8 hours per business day) following notification of a problem or as soon as repair parts are available to the field service technician. Where possible, parts will be supplied in advance of the field service technicians so that the product is repaired with one call.

Purchased Parts

All purchased parts will carry a 12 month warranty. Refer to Purchased parts shipments and installation for more details.

This Limited Commercial Warranty supercedes the limited commercial warranty printed in the "Users Operation Manual" for all SCIFIT Systems, Inc. products.

If you have questions or require additional information, please contact SCIFIT Systems, Inc. at 1-800-745-1373 or service@scifit.com

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SCIFIT®
Warranty Card

Register online at *http://www.SCIFIT.com/warrantyregistration.shtml* or complete this form, fold it and return it to SCIFIT. We request you send this card within 2 weeks after your equipment has been delivered to insure proper warranty registration.

Company Name _____

Contact Name _____

Address _____

City/State/Zip _____

Email Address _____

Home Phone (____)_____ Business Phone (_____)_____

Model Purchased_____

Date Received_____ Serial Number_____

Entity Purchased From_____

City/State_____

Please rank the following reasons (1 through 6) for selecting SCIFIT with 1 being most important:

____Features____Quality____Price____Dealer___User Friendly___Appearance

Please Check the appropriate box(s) on how you were introduced to SCIFIT:

❑ Saw in _____ Magazine ❑ Introduced by SCIFIT Dealer

❑ Saw at _____ Tradeshow ❑ Referred by SCIFIT User

❑ Other _____

Comment _____

_____

Thank You For Choosing

SCIFIT

Scientific Solutions For Fitness™

www.SCIFIT.com

P2278 Rev. B

Warranty Card

From _____
_____
_____

SCIFIT
5151 South 110th East Avenue
Tulsa, OK 74146

Important: Please keep this page for "Recalibration records"

Model Number: _____

Serial Number: _____

Date of Purchase: _____

Calibration Date (Medical units): _____

Supplied By: SCIFIT Systems Inc.

User Manual: #P4728A (11/2010)

	DATE	CLUB OR CERTIFICATION LOCATION	CERTIFIED SERVICE COMPANY	TECH INITIALS
1st Recalibration				
2nd Recalibration				
3rd Recalibration				
4th Recalibration				
5th Recalibration				

Please make extra blank chart copies for future use



Scientific Solutions for Fitness.

5151 South 110th East Avenue
Tulsa, Oklahoma 74146
USA

Sales: 1-800-278-3933 • 1-918-359-2000
Customer Service: 1-800-745-1373

Order online 24/7 at www.SCIFIT.com